

# Brushing twice is nice



## Toothbrushing chart

Get into the toothbrushing habit

	Week 1	Week 2	Week 3	Week 4
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Don't forget to keep going!

✓ Tick each box when you have brushed your teeth. Brush your teeth at least twice a day, once before bed and once at any other time. Ask your dental team for more tips.

Don't forget to be sugar smart. Download the Change4Life Food Scanner App to find out what's in your food and drink.

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# Top tips for teeth



## Twice is nice!

Teeth should be brushed at least twice a day, once before bed and once at any other time that suits your family routine.

## Make fluoride your friend

The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging. Toothpaste should have at least 1000ppm fluoride; 1350 to 1500ppm fluoride gives your child the best protection.



Your kids need help brushing their teeth until they are at least seven years old.



## Spit, don't rinse

When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for younger children too, if they think they may get tooth decay.

Little mouths need less toothpaste

For kids under three you should use just a smear.  
For three to six year olds, a pea-sized amount is perfect.

0-3 years



3-6 years



## Be Sugar Smart

Avoid sugary foods and drink before bedtime. They should be eaten less often and only at mealtimes. Remember, plain water or lower fat milks are best.

