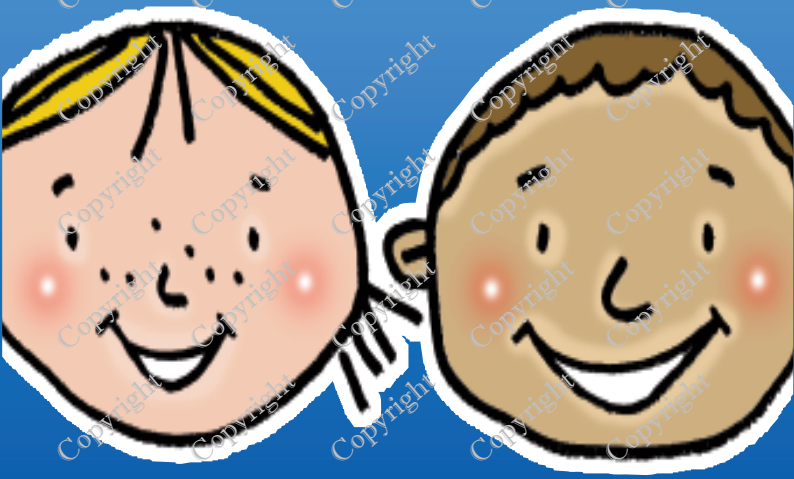


Tips for Toddlers' Healthy Teeth





Brush your Child's teeth thoroughly twice a day, morning and night.

Use a toothpaste that contains 1000ppm fluoride - a smear for children 2 and over 2 years, use pea sized amount. It is best for them to spit out rather than rinse out.



They will need to have help with their brushing until they are about 7 or 8 years old.

It is best for them to drink only milk and water between meals.



Try fruit, vegetables, toast, bread, cheese, rice cakes, bread sticks as snacks instead of sugary ones.



Keep sugary foods and drinks to mealtimes only.



It is a good idea to go to the dentist as least once a year. It is best if all the family have an NHS Dentist. If you need help finding one ask an adult to phone NHS Direct on 0845 46 47.