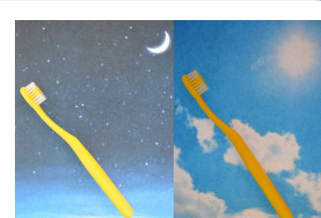




Toothbrushing for Young Children



**Brush your teeth twice a day,
before bed and at one other time**



Spit don't rinse



**Babies and Toddlers
(under 3 years)**



**Children
aged 3-6 years**

**Use a toothbrush
with a small head
and soft bristles**



**Use a toothbrush
with a small head
and soft bristles**



**Use a toothpaste
containing at
least 1000 ppm of
fluoride**



**Use a toothpaste
containing more
than 1000 ppm of
fluoride**



**Use a smear of
toothpaste**



**Use a pea-sized
amount of
toothpaste**



**Brush your baby's
teeth as soon as
the milk tooth
appears**



**Brush teeth for 2
minutes
Use an egg timer,
song or app
www.brushdj.com**

