

Bury's good brushing guide for babies and children



Brush as soon as the first tooth appears and supervise children brushing until 7 years old to make sure all teeth are done



Use a small brush with medium bristles and a family fluoride paste (1350-1500ppm fluoride)



Brush at least twice a day for two minutes (at night and any other time through the day)



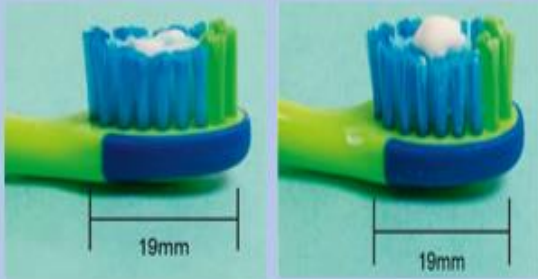
Spit don't rinse after brushing to keep fluoride on the teeth

Register your child soon after birth or by 6 months old.
<https://www.nhs.uk/service-search/find-a-dentist>

Visit the dentist every 6 months

Ask the dentist about fluoride varnish

Age	Amount of paste
Under 3 years	Smear/lentil size
3 years and over	A pea size amount



Have fun brushing



Maybe try watching the 2 minutes "Hey Duggee" video on You Tube when brushing your child's teeth to keep them interested.

<https://www.youtube.com/watch?v=oStaJTHgHMU>