



- Brush teeth twice a day especially at bedtime and at one other time in the day
- Use a family toothpaste containing the right amount of fluoride
- Use a smear of family fluoride toothpaste for children under three
- From three use a small pea size amount
- Spit out after brushing and do not rinse with water
- Help children to brush their teeth until they are at least seven years old.

