Children’s Oral Health
Caring for your child’s oral health

**Babies**
- Use a damp washcloth and clean your baby’s gums by gently rubbing them.
- As teeth appear introduce a soft, child-size toothbrush.
- Do not use toothpaste.
- Visit a dentist when the first teeth appear or by 12 months.

**Toddlers**
- Brush with a soft child-size toothbrush.
- Use child-strength fluoride toothpaste from 18 months of age.
- Parents should brush and floss their child’s teeth.
- Brush twice daily.
- Floss teeth that touch together.

**Children (under six years)**
- Parents should continue to brush their child’s teeth, twice daily.
- Floss teeth that touch together.
- Use child-strength fluoride toothpaste, unless your dentist recommends otherwise.

**Children (over six years)**
- Assist your child with brushing and flossing their teeth twice daily until 8-9 years of age.
- Use adult-strength fluoride toothpaste.

**Tips & Tricks**
1) *Spit out excess toothpaste*, do not rinse out the mouth with water.
2) *Don’t use too much toothpaste*. A small ‘pea sized’ amount is all you need.
3) *Make brushing fun!* Play a song or use an appropriate smartphone app as a reminder to brush for the recommended two minutes.
4) *Use positive reinforcement* when visiting the dentist. Praise your child on their listening skills and ability to follow instructions.
5) A *reference to indicate your child can begin brushing solo* is whether they have their ‘pen licence’ for writing with a pen at school.

For more information on your dental health visit [ada.org.au](http://ada.org.au)

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