BrightBites oral health advice for parents & carers

Help your child build healthy habits early:



- Brush their teeth twice a day with fluoride toothpaste for 2 minutes.
- Supervise brushing to make sure every tooth is cleaned.
- Provide a healthy diet with lots of fruit and vegetables.
- Limit sugary snacks and drinks, which can cause tooth decay.
- Encourage them to drink water and milk rather than sweet drinks like squash, juice, and milkshakes.
- Visit the dentist regularly for check-ups to monitor their oral health.

For children aged 0-3 years:

Start brushing your child's teeth as soon as first tooth appears.

Use a smear of toothpaste that has a fluoride content of 1000 ppm.

Brush twice per day.



For children aged 3-6 years:

Supervise your child's brushing until they are at least 6 years old, ensuring all teeth **and gums** are cleaned using small circular motions. Brush twice per day.

Use a pea-sized amount of 1000 ppm fluoride toothpaste.

Encourage your child to spit out the toothpaste, not rinse, as this helps retain fluoride on their teeth for added protection.

Why good oral health matters



Good oral health is vital for your child's overall wellbeing (even baby teeth). This is because children's teeth:

- Help them to bite and chew
- Support speech and language development
- Help them feel confident when they smile
- Make space for and help to guide adult teeth

Keeping teeth healthy also prevents toothache, infection and swollen gums, lowering the chance of needing an extraction.

Toothbrushing doesn't have to be a chore!



Here are some ideas to help make brushing and dental health fun:

- Try a toothbrushing sticker chart to help build a routine.
- Brush your teeth together or let your child 'help' you!
- Sing songs or read books about how and why we look after our teeth.
- Use a sand timer or phone timer to help children brush for the right amount of time.
- Let them practice brushing on a favourite toy.
- Check the sugar content in their favourite foods and drinks. Make it a game by guessing how many teaspoons of sugar are in each item. This helps children understand that sugary treats should be consumed in moderation.
- Gently explain what happens if teeth aren't cared for. Show pictures of cavities and remind them that poorly looked-after teeth may need to be removed in a hospital.