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.

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