

**Better
Health**

**Start
for Life**

NHS

Top tips for **TEETH**



Children aged 3+



Help them brush
TWICE A DAY
to keep decay away



Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

2. PROTECT THEIR SMILE
with regular visits to the dentist



Under 18s are entitled to **FREE** NHS dental treatment in England.



Encourage them to
SPIT, NOT RINSE

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.



SKIP THE SUGAR
they're sweet enough!

Too much food and drink containing sugar can lead to tooth decay. Swap snacks and drinks containing sugar for healthier options like fruit and veg.



At night,
SNACKING STOPS
when the brushing starts

Protect their smile. **Don't** offer food or drink after brushing teeth at night.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.