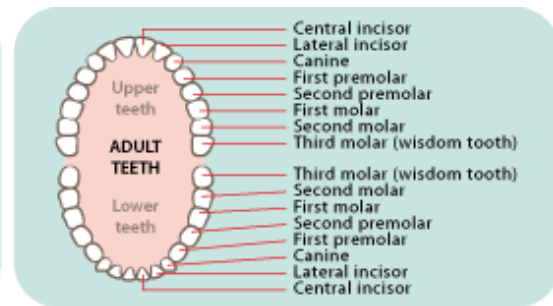
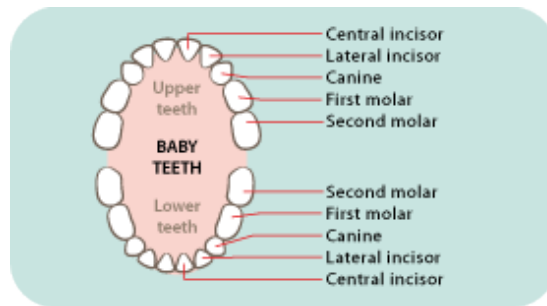


Children's teeth and how to brush them

Children's teeth

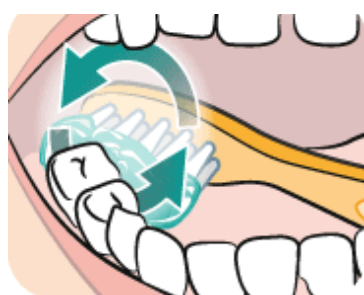


- Baby teeth can arrive in any order (but the central bottom teeth are often first).
- Baby teeth will usually all arrive by the time your child is three years old.
- You can start cleaning your child's teeth as soon as they come through. Use a clean, soft cloth for babies up to 17 months old.
- The 32 adult teeth replace baby teeth between the ages of 6-20.
- Your child will need your supervision to clean their teeth until they're at least eight years old.
- Brush teeth and gums once in the morning and once at night before bed.

Brushing your child's teeth



- If your child is 18 months to 6 years old, put a smear of low-fluoride toothpaste on a small, soft toothbrush. If your child is six or older, use a pea-sized amount of standard toothpaste.
- Ask your dentist for advice if you don't have fluoridated water.
- Sit or stand behind your child in a brightly lit place. It's best to do this in front of a mirror so your child can see what you're doing.
- If you have a toddler, you might find it easiest to sit him on your lap.
- Use your free hand to cradle your child's chin. Ask her to open up and say 'aaahh'.
- Check for any signs of decay, such as a white or brown line close to the gums. Also check for any build-up of plaque on the teeth around the gum line.



- Using small circular motions, brush all sides of each tooth: front, back, top and each side. Make sure to clean the gum edges.
- Start with the back teeth first. These aren't replaced until your child is 10-12 years old, so they need the most attention.
- After you've finished brushing your child's teeth, help him up to the basin.
- Ask him to spit out any toothpaste left in his mouth without rinsing.
- Rinse the toothbrush then place it somewhere clean to dry.
- A [nutritious diet](#) is essential to good dental health.
- Avoid giving your child sweetened drinks – such as soft drink and fruit juices – and sugary snacks.
- Avoid giving your child juice, milk or formula to take to bed. Always take the bottle away after feeding.