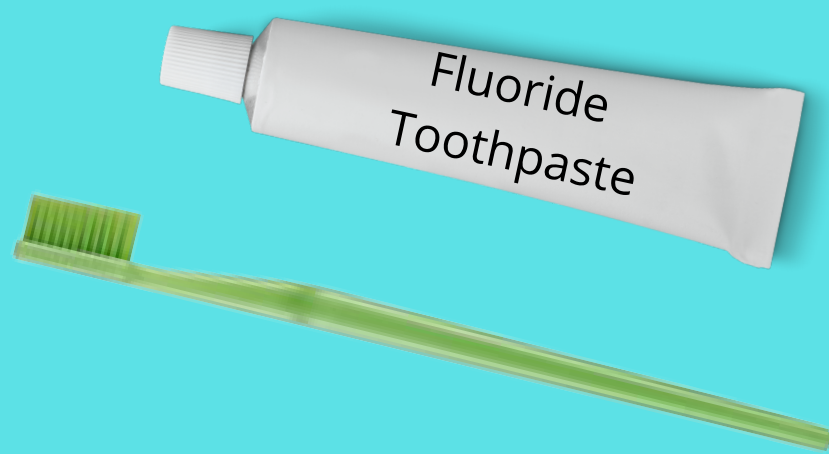


# Toothbrushing guide

for parents and guardians

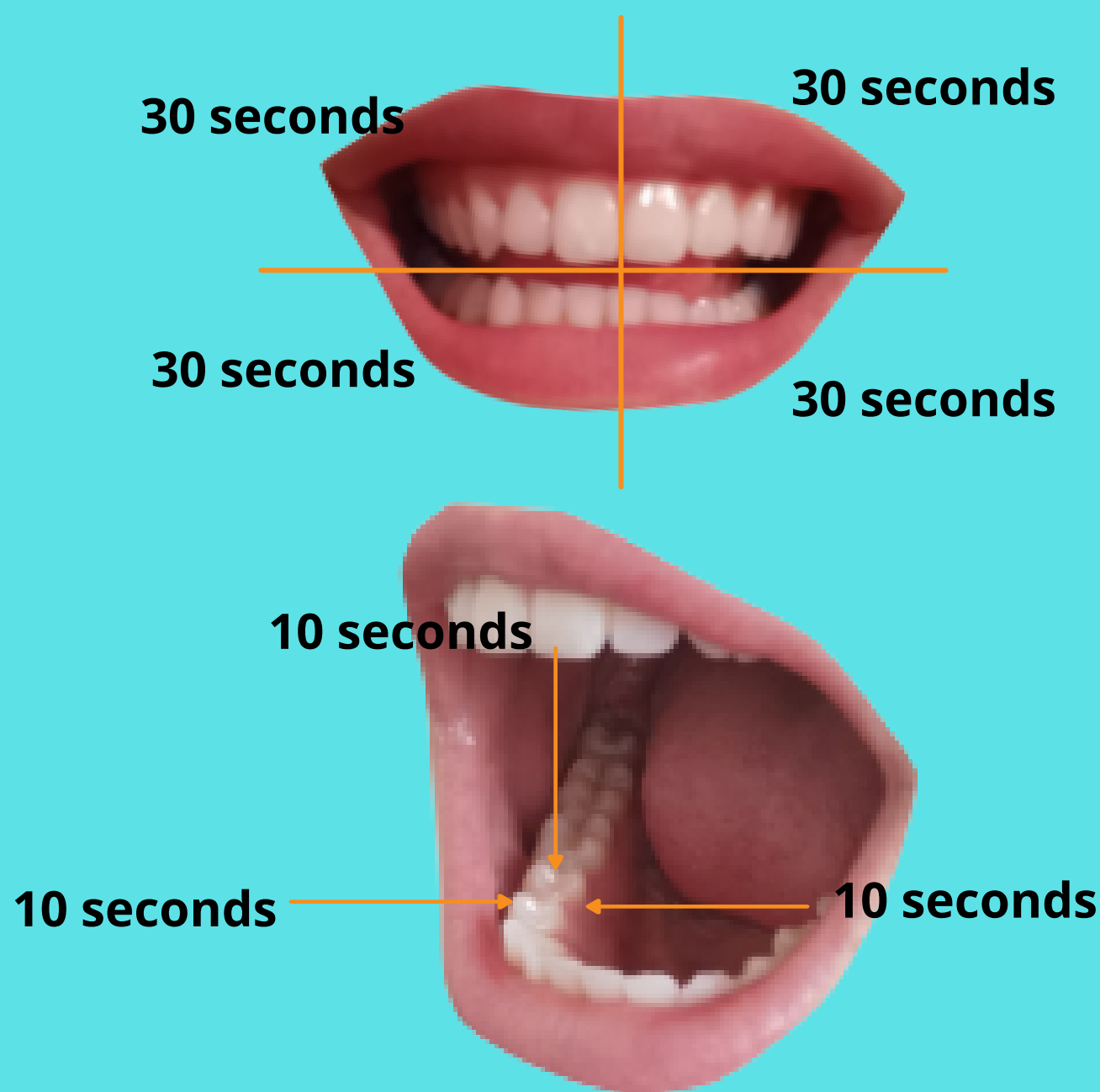
Community  
Dental  
Services



For children that can not spit out, use a smear of toothpaste, for those able to spit out, use a pea sized amount of toothpaste, on a soft bristled, small headed toothbrush.

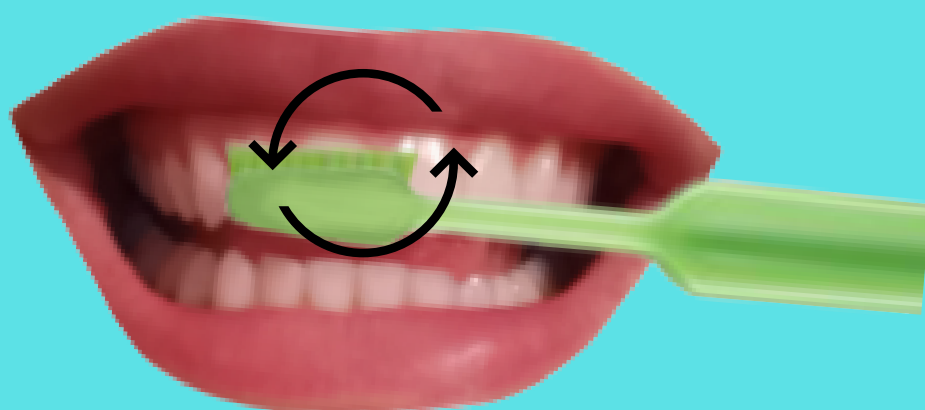
0-6 years- at least 1000ppm (parts per million) of fluoride.

7+ 1350ppm or fluoride or more.

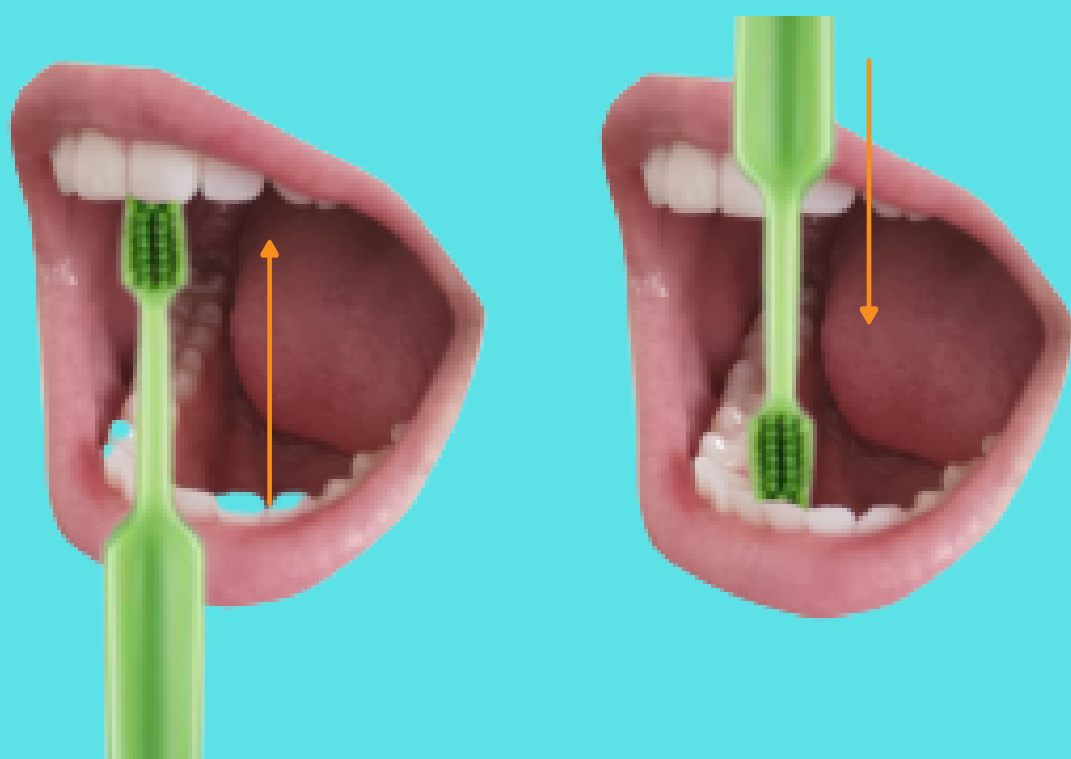


When all your children's teeth are present, brushing your teeth will take 2 minutes. In order to effectively brush in two minutes, split the mouth into quarters. Spend 30 seconds on each quarter.

Spend ten seconds on the different surfaces of the teeth. The inner surface's, outer surface's and biting surface's.



Tilt the bristles at a 45 degree angle towards the gum line, use a gentle, circular scrubbing motion, tickling the teeth and gums. If you are using an electric toothbrush, simply move the toothbrush from surface to surface, the oscillating head will provide the technique.



For the back of the front top and bottom teeth, turn the brush at a 90 degree angle and gently brush in an up and down motion.



Following toothbrushing, children should spit out the excess toothpaste.

**NOT rinse!**

***Assist children with toothbrushing until the age of 7, then closely supervise and monitor.***