

Factsheet

Children'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. Just use water.
- Visit a dentist when the first teeth appear or by 12 months of age.



Toddlers

- Brush with a soft child-size toothbrush.
- Use child-strength toothpaste from 18 months of age.
- Parents and carers are recommended to brush and floss their child's teeth.
- Brush twice daily.
- Floss teeth that touch together.



Children (under six years)

- Parents and carers are recommended to continue brushing and flossing their child's teeth.
- Floss the teeth that touch together.
- Brush twice daily.
- Use child-strength fluoride toothpaste, unless your dentist recommends otherwise.



Children (over six years)

- Continue to assist your child with brushing and flossing until 8-9 years of age.
- Brush twice daily.
- Floss teeth that touch together.
- Use adult-strength or 6+ fluoride toothpaste.



Tips & Tricks

- 1 Spit out excess toothpaste, do not rinse out the mouth with water.
- 2 Make brushing fun! Play a song or use a smartphone app as a reminder to brush for the recommended two minutes.
- 3 Use positive reinforcement when visiting the dentist. Praise your child on their listening skills and ability to follow instructions.

- 4 Do not use too much toothpaste.

For toddlers, squeeze toothpaste the size of a rice grain on the brush. Push the paste into the bristles.



For older children, use a 'pea-sized' amount of toothpaste.

