

Delivering Better Oral Health

All children aged 7 years and older and young adults those giving concern to their dentist:

- Use a fluoride mouthrinse daily (0.05% NAF) at a different time to brushing

All children aged 7 years and older and young adults

- Brush twice daily with a fluoridated toothpaste
- Use fluoridated toothpaste containing 1,350-1500ppm fluoride
- Spit out after brushing and do not rinse, to maintain fluoride concentration levels

All children aged 0-6 years giving concern should follow the advice below plus:

- Use fluoridated toothpaste containing 1,350-1500ppm fluoride
- It is good practice to use:
 - Only a smear of toothpaste children aged 0-6 years
 - Only a pea sized amount 3-6 years
- Where medication is given frequently or long term request that it is sugar free, or used to minimise cariogenic effects.

All children

- Brush last thing at night and at one other occasion
- The frequency and amount of sugary foods and drinks should be reduced

Children aged 0-6 years

- Parents/carers should supervise brushing
- Sugar free medicines should be recommended

Specific information for children aged up to 3 years

- Breast feeding provides the best nutrition for babies
- From 6 months of age infants should be introduced to drinking from a free flow cup, and from age 1 year feeding from a bottle should be discouraged
- Sugar should not be added to weaning foods or drinks
- Parents/carers should supervise brushing
- As soon as teeth erupt into the mouth brush them twice daily with a fluoridated toothpaste
- Brush last thing at night and at one other occasion
- Use fluoridated toothpaste containing no less than 1000ppm Fluoride
- It is good practice to use only a smear of toothpaste

Specific information for children aged between 3-6 years

- Brush at least twice daily , with a fluoridated toothpaste
- Parents/carers should supervise brushing
- Use fluoridated toothpaste containing more than 1000ppm Fluoride
- It is good practice to use only a pea sized amount of toothpaste
- Spit out after brushing and do not rinse, to maintain fluoride concentration levels