



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child brush their teeth?

- Brush your **baby's** teeth as soon as they appear. Brush gently twice a day, in front of a mirror, with a baby toothbrush and a smear of baby toothpaste containing fluoride.
- Take your child to the **dentist** when their first tooth appears. This will help them get used to going to the dentists.
- From **18 months**, teach your child about tooth brushing and encourage them to have a go twice a day, in front of mirror. Guide your child's hand if they can't make the movements themselves.
- From **3 years old**, use a pea-sized amount of toothpaste twice a day, in front of mirror for two minutes. Guide your child's hand if they still need help. Remember to be gentle.
- Children do not develop the coordination they need to reach all their teeth until **7 years old**. Encourage your child to have a go first before you step in to help.

Find out more

Watch the video at the end of this page for advice about brushing your **baby's teeth**



Watch the video for advice about brushing your **toddler's teeth**



Watch the video for **practical** advice about tooth brushing

