

Tooth Brushing

When should you start brushing teeth?

- As soon as the first teeth appear, at around **6 months**, they should be cleaned using a child-sized soft toothbrush, but **not with toothpaste**.
- The easiest way to brush infant's teeth is to sit, or lay, the child on your lap, support her head, and clean teeth gently.
- For an older child stand or kneel behind the child in front of the sink or mirror, support her head and look directly into the mouth.

When should you start using toothpaste?

- From around **18 months of age** teeth should be cleaned twice a day with a small pea-sized amount of low fluoride (baby) toothpaste, and a child sized soft toothbrush.
- Children should spit out, but not swallow and not rinse.
- Toothpaste may be introduced earlier based on the advice of a dental professional.
- Toothpaste should always be used under the supervision of an adult.
- To make sure teeth are cleaned properly, parents should help their children to brush their teeth until they are 8 years old.

Why should you keep your own teeth and gums healthy?

- Children are not born with tooth-decay causing bacteria (germs): this bacteria can pass over to a baby's mouth on dummies, bottles and spoons.
- Adults are advised to keep their own teeth and gums healthy through regular brushing with fluoride toothpaste.

Tooth Brushing Technique

Outsides

- Brush using a circular motion.
- Start on one side and go all the way to the other side.

Dental Fact Sheet

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Top teeth on the inside

- Brush every tooth making sure you clean down to the gums.

Bottom teeth on the inside

- Brush every tooth making sure you clean down to the gums.

Chewing surfaces

- Gently scrub the chewing surfaces of the top and bottom teeth. Start on one side and go all the way to the other side.

Interpreter Services

If you require assistance with contacting above services or translation, please call Translating and Interpreting Service (TIS) on 13 14 50.

For other multilingual health information visit www.mhcs.health.nsw.gov.au