

CLEAN WELL

TIP CARD FOR PARENTS

- ★ *Careful brushing can help protect your child's teeth against plaque and dental decay.*
- ★ *Encourage your child to brush their teeth thoroughly at least twice a day.*
- ★ *Parents should assist children (up to 7 years of age) to brush.*
- ★ *The most important aspect of toothbrushing is to develop a regular habit from an early age.*



BRUSHBOY™

CLEAN WELL

TIP CARD FOR PARENTS

Tips on how to brush teeth

- ★ Smear a pea-sized amount of toothpaste onto a small soft toothbrush.
- ★ Use low fluoride toothpaste for young children (aged 2 – 6 years) unless otherwise recommended by a dental professional.
- ★ Aim the toothbrush bristles at an angle towards the gum line.
- ★ Gently jiggle the brush or move it in small circles over the teeth and gums.
- ★ Repeat for inside surfaces of all teeth.
- ★ For chewing surfaces, use a light back and forth motion.
- ★ It is important for children to develop the regular habit of brushing their teeth from an early age.

