

# Oral health for 3–11 year olds



**0-19**

**Public Health Integrated  
Nursing Service**

You can speak to your  
GP, dentist or 0-19 Public  
Health Nurse (health  
visitor) if you have any  
concerns about your  
child's oral health.

# How should I brush my child's teeth?

- Parents/carers should still brush their child's teeth until they are seven years old.
- Try brushing your child's teeth standing or sitting behind your child, cradling their chin in your hand so you can reach their teeth more easily.
- Use a pea sized amount of family fluoride toothpaste containing no less than 1000ppm fluoride and brush for two minutes.
- Brush twice a day, last thing at night before bed and on one other occasion.
- Brush in small circles. Brush the fronts, backs and tops of each tooth. Don't forget the gums.
- It is best not to rinse or drink after brushing as it washes away the protective layer of fluoride.



## Visiting the dentist

- Your child should visit the dentist every six months for a check up.
- Remember to ask for fluoride varnish. It involves painting a varnish onto the surface of your child's teeth every six months to prevent decay by strengthening the enamel.
- See this animation to help prepare your child for what to expect when visiting the dentist:

<https://youtu.be/37ZQaKI9Qss>

**NHS**  
dental care is  
**FREE** for all  
children!

## Top tips

- Encourage your child to drink from open cups rather than straws or bottles.
- Make the two minutes of teeth brushing fun by using a timer, playing a favourite song or using a toothbrushing app.
- Limit the number of sugary snacks your child eats to keep teeth and gums healthy.
- Remember to use sugar free medication if needed.

