



Oral Health Checklist

Brush for 2 Minutes Twice A Day

In the morning and last thing at night



Use Fluoride Toothpaste

A smear of paste containing no less than 1000ppm for under 3s
For Over 3s use a paste containing between 1350-1500ppm fluoride.
Children should be supervised

Spit, Don't Rinse

Spit out the excess foam, but do not rinse out with water
Leave the fluoride in contact with the teeth for as long as possible

Keep Snacks Sugar Free

Frequent sugary foods are a major cause of tooth decay
Save sugary foods for mealtimes only.
Be aware that Dried Fruit is very sugary and not recommended for snacks

Stick to Water or Milk between Meals

Be aware that most sugar free drinks are acidic and lead to tooth erosion.
If you have sweet drinks, keep them to meal times and use an open cup



Plain water and Milk are the safest for teeth

Visit the Dentist Regularly

As often as they recommend

