

## Tips for a healthy smile

- Eat less sugar, less often, and only at mealtimes
- Avoid sugary food and drinks before bedtime
- Sugary drinks have no place in a child's daily diet
- Try sugar free, diet or no added sugar drinks instead
- Choose healthy snacks and drinks in between meals such as fresh fruit, cheese, milk and water
- Ask your dentist if your child would benefit from a higher strength fluoride toothpaste from the age of ten (2800ppm fluoride)
- Take your kids to the dentist as soon as their first tooth starts to come through
- Make regular trips to the dentist



# Fluoride Toothpaste The Facts



Public Health  
England



Stockton-on-Tees  
BOROUGH COUNCIL



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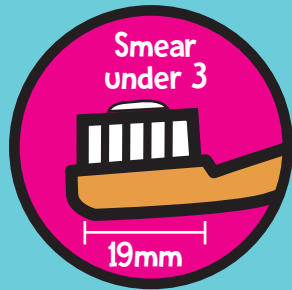
# What is Fluoride?

Fluoride is a natural mineral which is found in some foods e.g. tea and fish. It is also added to toothpaste as it is proven to help protect teeth against decay. Fluoride is added to toothpaste in different amounts, it is measured in parts per million (ppm).

## Choose the right toothpaste

- Toothpaste that contains 1350 to 1500ppm fluoride gives your child the best protection against tooth decay
- Check the ingredients list on the box or side of the tube, to see how much fluoride your toothpaste has

## Use the right amount of toothpaste



- Kids under three years should use a smear of fluoride toothpaste on their brush (at least 1000ppm fluoride)
- Kids from the age of three years should use a pea sized amount of family fluoride toothpaste on their brush. (1350-1500ppm fluoride)
- Make sure kids do not eat or lick the toothpaste out of the tube
- Spit out toothpaste, do not rinse after toothbrushing. This helps the fluoride stay in the mouth longer and work harder to strengthen the teeth



# Remember...

- Start brushing with fluoride toothpaste as soon as the first tooth appears at around six months
- Your kids need help brushing their teeth until they are at least seven years old, to make sure they are doing it properly
- Teeth should be brushed twice a day, once before bed and once at any other time that suits you
- Use a small headed toothbrush with soft bristles
- Replace the toothbrush every three months

