

# Caring for your baby's teeth and gums

## Under 18 months

If your baby doesn't like having their teeth brushed, you could try to make brushing more fun by singing songs or letting your baby play with a toy. Even a quick attempt at brushing is better than nothing, so your baby starts to learn that brushing is a normal part of their daily routine.

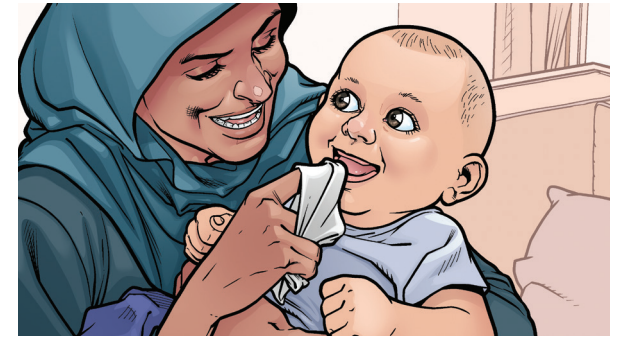
Starting a routine early gives your baby the best chance for healthy teeth.

### When do I start caring for my baby's teeth?



As soon as your baby's first tooth appears, gently brush using a small, soft toothbrush. Or you can wipe with a damp, clean face washer instead.

Brush or wipe teeth with water until your baby is 18 months old.



Even before teeth appear, you can wipe baby's gums using a damp, clean face washer. This can help get your baby ready for toothbrushing.

### When do I start using toothpaste?

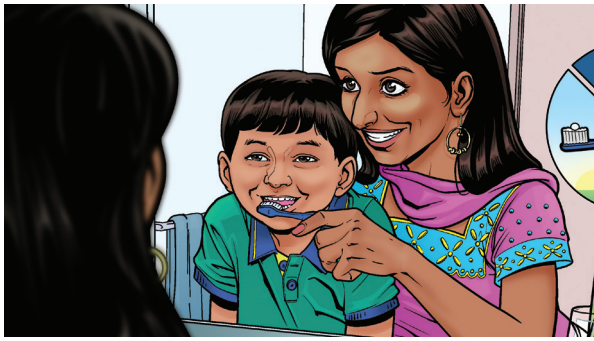


When your baby is 18 months old brush with children's low fluoride toothpaste.

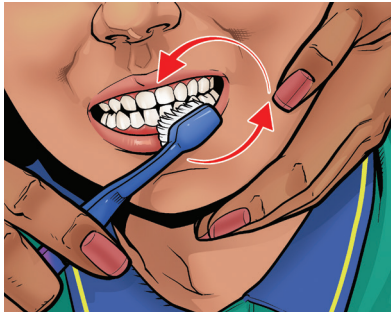
### How often do I brush my baby's teeth?



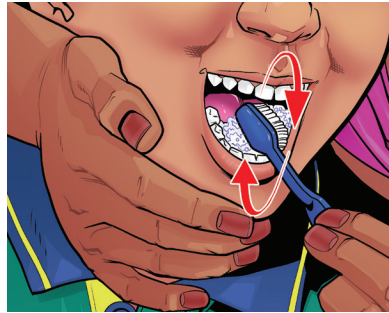
Brush in the morning and at night before bed.



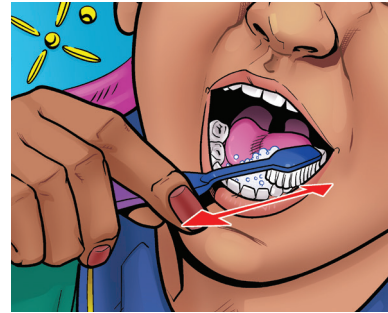
Brush in the morning and at night before bed.  
Use a pea-sized amount of low fluoride children's toothpaste on a soft toothbrush.



Brush the outside surfaces using gentle circles.



Next, brush the inside surfaces using gentle circles.



Use a light back and forth motion on the chewing surfaces, top and bottom.



Ask your child to spit out the toothpaste and not rinse with water.

Not rinsing the fluoride toothpaste away helps to protect teeth.

# How to brush your child's teeth

## 18 months to 6 years

### Tips:

- Choose a position where you can see your child's teeth. Try different positions that work for you and your child.
- As your child becomes more independent let them have a go at brushing their teeth. Finish by brushing them yourself.
- Children need help to brush teeth up to at least 8 years of age.

