

# 2-7 years old

Healthy habits  
last a lifetime.

Primary (baby) teeth hold the space for adult teeth to come. They play an important role in how your child learns to chew, talk, smile and boost self-confidence.



**DHF**  
Dental Health  
Foundation  
Ireland

**Help your child brush correctly and avoid swallowing toothpaste by supervising their brushing until about 7 years of age. Brush twice daily - at night before bed and in the morning.**

**Get your child actively involved in their oral health from an early age and improve both their oral and general health as they grow.**

### **Tooth Tips**

- Use a soft/medium toothbrush with a pea size amount of fluoride toothpaste (at least 1,000ppm on toothpaste label) to keep teeth strong and help prevent tooth decay.
- Clean every tooth, brushing for 2-3 minutes (about the length of a song) – remember to spit but don't rinse afterwards.
- Change the toothbrush when the bristles are worn, about every 3 months.

### **Diet Tips**

- Choose healthy snacks between meals such as whole fruits and limit sweet drinks and foods to mealtimes as part of the meal e.g. one small glass of juice or smoothie per day.
- Choose tooth-friendly unflavoured milk and water at mealtimes and in-between. Avoid fizzy drinks which can cause a tooth acid attack, decay, and tooth wear.

### **Things to Consider**

- Encourage your child to wear a mouthguard when playing sports to help reduce the risk of dental injury.
- Become aware of sugar content on the back of food labels (less than 5g sugar for 100g is a low sugar) and avoid adding sugar to food and drink.
- Visit your dental team at least once a year for a check-up.