



**When you're little,
healthy teeth
mean a lot.**

Baby teeth are important for
eating, talking and smiling.
Good habits start early.



Dental Health Foundation
Ireland

**For tips please
turn over**

Visiting your dentist will help guard against tooth decay & gum disease.

2-7 years

- ✓ Brush twice a day for 2-3 minutes 
- ✓ Use a peasized amount of fluoride toothpaste (at least 1,000ppm) 
- ✓ Help your child with brushing
- ✓ Spit, don't rinse after brushing
- ✓ Limit 100% fruit juices and smoothies to meal times
- ✓ Milk or Water are best drinks
- ✗ Don't give sugary foods, fizzy drinks and fruit drinks 

8-12 years

- ✓ Brush twice a day for 2-3 mins with a fluoride toothpaste (at least 1,000ppm)
- ✓ Spit, don't rinse after brushing
- ✓ Choose healthy snacks between meals 
- ✓ Drink milk & water
- ✓ Limit 100% fruit juices and smoothies to meal times
- ✗ Avoid sugary snacks and drinks including fizzy drinks, sweets and chocolate between meals. 

Children with additional care needs may need advice from their dental team.