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

Dental Health Foundation
Ireland

IDA
irish dental association

Dental hygiene is important whatever age you are. When you're responsible for your own childrens dental health, a little advice can go a long way to getting them into the habit of cleaning their teeth regularly, and watching what they eat and drink.

A regular dental check-up will help guard your childrens teeth against tooth decay and gum disease.

Age	Oral Health Advice	General Health Advice
0-2	NO toothpaste, wipe gums/teeth with soft cloth	Diet. No juice, soft drinks or sugar in baby's bottle. Use boiled tap water when making up infant feed.
2-7	Pea sized amount of fluoride toothpaste. Spit out after brushing. Brush twice a day, last thing at night and on one other occasion during the day.	Diet. Minimize snacks and sweets and avoid them between meals. Use tap water rather than bottled water. Drink milk.

For more information visit: www.dentalhealth.ie or www.dentist.ie