



## Looking after your 3-5 year old child's teeth - at a glance

1. Brush their teeth in the morning and last thing before they go to bed at night.
2. Use a small pea-sized amount of toothpaste, containing more than 1,000 ppm fluoride.
3. Ensure children spit out after brushing to minimise swallowing. They should avoid rinsing out with water after brushing to allow the toothpaste to stay on their teeth longer.
4. Drink only milk or plain water between meals. If they must have juice only give it with meals and ensure it is well-diluted.



5. Provide only low-sugar, healthy snacks between meals.
6. If your child is given medicine frequently or long-term request that it is sugar-free.