



Top 3 Interventions for Preventing Tooth Decay

- 1. Reduce consumption of foods and drinks that contain sugars**
- 2. Brush teeth twice daily with fluoride toothpaste (1350 – 1500ppm), last thing at night and at least on one another occasion. After brushing, spit don't rinse**
- 3. Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis**

* Under 3s should use a smear of toothpaste

* 3 to 6 year olds should use a pea sized amount

* Parents/carers should brush or supervise tooth brushing until their **child is at least 7**