



# Tooth brushing information for parents in Sheffield

November 2020

During the COVID-19 pandemic your child's nursery or school has temporarily suspended the daily tooth brushing club.

Instead, for now, your child will be bringing a new toothbrush and toothpaste home to encourage them to brush their teeth twice a day to help prevent tooth decay. We hope to re-start the tooth brushing clubs early in 2021.

## Brushing children's teeth

You should help your child with tooth brushing until they reach 7 years old. You can let them do some brushing themselves but do make sure they are brushing **all** their teeth properly - not just cleaning the front ones or standing around chewing their toothbrush! **Your help makes a big difference in protecting their teeth from tooth decay.**



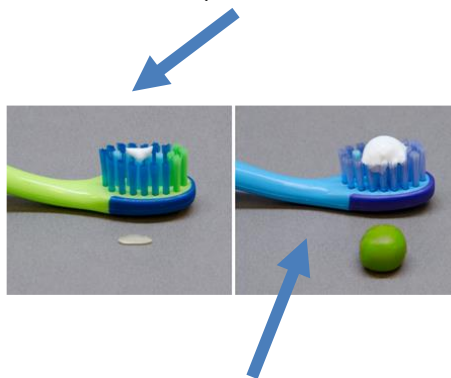
## When to brush

At home, children's teeth should be brushed last thing at night before bed time and on at least one other occasion.

## Fluoride toothpaste

Fluoride strengthens the surface of teeth. Toothpaste needs to contain 1450ppm of fluoride. The amount of fluoride can be found on the side of the tube or packaging

For children under 3 years use a smear of toothpaste:



For children over 3 years use a pea sizes amount.

## Spit out, Do not rinse after brushing!

So that the toothpaste can work better, after brushing just get your child to spit out, rather than rinsing their mouths with water which washes the fluoride away.



Further advice to support parents with tooth brushing can be found at:

<http://www.child-smile.org.uk/parents-and-carers/toothbrushing/index.aspx>