

My brushing chart

Tips for parents/carers...

Help with brushing for two minutes at least twice a day, especially before going to bed – don't forget to brush the gum line

Use fluoride toothpaste (containing at least 1,000ppm – see ingredients)

Do not rinse with water after brushing, just spit out

























































How much toothpaste?



0-3 years old
just a smear



3+ years old
a pea-sized blob

| | Week 1 | Week 2 | Week 3 | Week 4 |
|-----------|---|---|---|---|
| Monday |  |  |  |  |
| |  |  |  |  |
| Tuesday |  |  |  |  |
| |  |  |  |  |
| Wednesday |  |  |  |  |
| |  |  |  |  |
| Thursday |  |  |  |  |
| |  |  |  |  |
| Friday |  |  |  |  |
| |  |  |  |  |
| Saturday |  |  |  |  |
| |  |  |  |  |
| Sunday |  |  |  |  |
| |  |  |  |  |

You'll find contact details for our Oral Health Teams in Bedfordshire, Cambridgeshire, Peterborough and Suffolk at www.dentalhealthcareeoe.nhs.uk/services/oral-health-improvement/