

**Top Tips for Maintaining Good Oral Health**

* **Use a fluoride toothpaste when you brush your teeth twice a day (the brand does not matter).**
* **Children aged 0-3 should be using a smear of toothpaste that contains at least 1000ppm of fluoride (a smear is a thin layer of toothpaste).**
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* **Children over the age of 3 should be using toothpaste that contains 1450ppm of flouride, only use a pea size amount of toothpaste, they do not have to use a special children’s toothpaste, the family toothpaste is fine as long as it contains 1450ppm fluoride.**
* **Fluoride helps to prevent tooth decay, it strengthens the tooth enamel and can be found in toothpaste and in some mouthwashes.**
* **Remember: Brush, spit and do not rinse the mouth.**
* **It is best not to wash away the tooth paste, this will give the fluoride time to work on the enamel.**
* [**https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/**](https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/)
* [**https://www.nhs.uk/conditions/fluoride/**](https://www.nhs.uk/conditions/fluoride/)