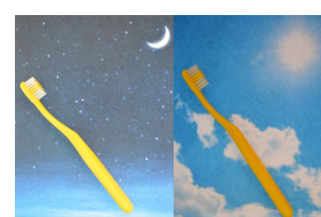




Effective Toothbrushing for Older Children



**Brush your teeth twice a day,
before bed and at one other time**



Spit don't rinse



**Children aged
3-6 years**



**Children
aged 6 years and over**

**Use a toothbrush
with a small head
and soft bristles**



**Use a toothpaste
containing more
than 1000 ppm of
fluoride**



**Use a pea-sized
amount of toothpaste**



**Use a toothbrush with
a small-medium head
and soft bristles**



**Use a family fluoride
toothpaste containing
1350-1500 ppm of
fluoride**



**Use a pea-sized
amount of toothpaste**



**Brush teeth for 2 minutes
Use an egg timer, song or app
www.brushdj.com**

