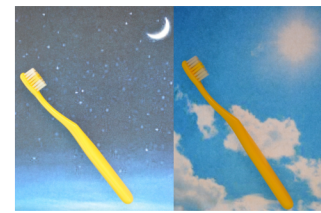


Effective

Toothbrushing for Young Children



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



Spit don't rinse



Babies and Toddlers (under 3 years)



Children aged 3-6 years

Use a toothbrush with a small head and soft bristles



Use a toothbrush with a small head and soft bristles



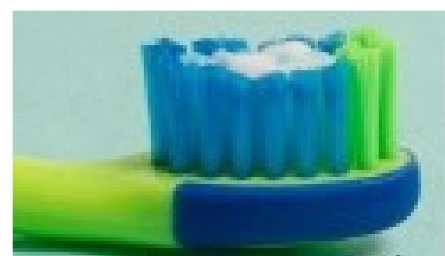
Use a toothpaste containing at least 1000 ppm of fluoride



Use a toothpaste containing more than 1000 ppm of fluoride



Use a smear of toothpaste



Use a pea-sized amount of toothpaste



Brush your baby's teeth as soon as the milk tooth appears



Brush teeth for 2 minutes

Use an egg timer, song or app

www.brushdj.com

