Protecting your child’s smile

1. **Brush teeth twice a day** with a fluoride toothpaste, before bed and on one other occasion.

2. **Supervise your child** during toothbrushing until they are at least 7 years old.

3. **Just spit** after toothbrushing; rinsing washes the fluoride protection away.

4. **Reduce** the amount and frequency of sugary food and drinks.

5. **Wear a mouthguard** when playing sports.

6. **Use a fluoride mouthwash**, if recommended by your dentist. Use this at a different time from toothbrushing to increase protection throughout the day.

7. **Ensure you visit your dental professional** regularly.