



Weaning

ARTICLE

Children's dental care checklist

Looking after our teeth is a lifelong undertaking so it helps to get off to a good start. Brush up on our top tips for children's dental care, including when to take your little one to the dentist, to keep your toddler's cheeky smile healthy and bright.

2 mins
to read

- Consider taking your child with you to the dentist as soon as their first teeth appear. It helps them get used to the sights and sounds.
- Start brushing your child's teeth as soon as they come through. Get one with soft bristles made for children.
- Sit them on your knee and use a smear of fluoride toothpaste on the toothbrush.
- Let your child watch while you brush your teeth so they can see how it's done.
- To help, stand behind them and gently tilt their head backwards. Look in the mirror so your child can see while you are brushing.
- Brush in small circles covering all surfaces of the teeth.
- Let your toddler spit the toothpaste out but don't rinse with water.
- Try to get into a twice-daily brushing routine as they get older.
- Supervise brushing until your child is around 7-8 years old.
- Talk to your kid's dentist about tips and advice on how to keep your child's teeth clean and healthy.