

## Key messages for good oral health

The advice for children aged 0-18years, and references for evidence are outlined below and sourced from [Delivering Better Oral Health](#), an evidence-based toolkit for prevention.

### 1. Toothbrushing and toothpaste

- Brush teeth at least twice a day, last thing at night or before bedtime, and at least on one other occasion.
- Use toothpaste containing at least: 1,000ppm fluoride (0-6 year olds) or 1,350-1,500ppm fluoride (7+year olds).
- Use a smear of toothpaste (0-2year olds) or a pea-sized amount of toothpaste (3+year olds).
- Parents and carers should assist toothbrushing for 0-6year olds, and assist if required for 7+year olds.
- Spit out after brushing – **do not rinse**.

#### Links to guidance and research

[Dental interventions to prevent caries in children](#)

[Fluoride toothpastes of different strengths for preventing tooth decay](#)

[Is the use of fluoride toothpaste during early childhood associated with discolouration/mottling of teeth?](#)

[Children's teeth - NHS](#)

[Top Tips For Teeth](#)

[Editorial content, Top Tips For Teeth](#)

### 2. Be Sugar Smart

- Minimise the amount and consumption of sugar-containing food and drinks.
- Avoid sugar containing food and drink at bedtime.

#### Links to guidance and research

[Carbohydrates and health](#)

[Sugar consumption around bedtime and tooth decay](#)

[Healthier Families - NHS](#)

[NHS Food Scanner App](#)

[NHS - The Eatwell Guide](#)

### 3. Visiting the dentist

- Visit the dentist at least once a year or more often if needed.

#### Links to guidance and research

[Dental check guidelines](#)

[Recall intervals for oral health in primary care patients](#)

[How to find an NHS dentist](#)

[Find a NHS Dentist near me](#)