

Children's Toothpaste

Information on fluoride levels

Higher concentration fluoride gives better protection against decay

Low concentration or no fluoride gives limited or no protection against decay

1,350 - 1,500ppm	1,000 -1300ppm	550ppm or less	No fluoride
<p>Aquafresh Big Teeth, Little Teeth</p> <p>Asda Protect Big Teeth 6+</p> <p>Boots Smile kids 6+</p> <p>Colgate Kids4-6, kids 6+</p> <p>Kokomo Peppa Pig</p> <p>Sensodyne Pronamel for children 6-12 yrs</p> <p>Sainsbury's Kids Toothpaste 3-6</p> <p>Tesco Steps Toothpaste 3-, 6+</p> <p>Sainsbury's own Kids Toothpaste (3-6yrs)</p> <p><u>See reverse of sheet for advice on tooth brushing</u></p>	<p>Aquafresh 0-2years Milk Teeth</p> <p>ASDA Protect 0-3 Milk Teeth</p> <p>Boots Smile Kids 2-6</p> <p>Colgate Kids 0-3</p> <p>Dr Fresh Thomas The Tank Engine</p> <p>Kokomo Hello kitty</p> <p>Morrisons Kids Sparkling Strawberry</p> <p>Oral B Stages 0-6</p> <p>Superdrug Tutti Fruiti Strawberry Glitter Total Care Junior</p> <p>Sainsbury's own Kids Toothpaste 0-3</p> <p>Tesco Steps Toothpaste 0-2</p>	<p>Boots Smile kids0-2</p> <p>Colgate Smiles 0-2 Smiles 2-6.</p> <p>Crest Crest for kids. Milk Teeth.</p> <p>Sainsbury's Little ones 0-3</p> <p>LIDL Dentalux for kids 0-6</p> <p>Oral B Stages – Berry Bubble</p>	<p>Boots Smile non Fluoride</p> <p>Aloedent Children's strawberry toothpaste</p> <p>Organic children Mandarin toothpaste</p> <p>Tom's of Maine Many types of fluoride free</p> <p>Aloe Dent Cool Strawberry Toothpaste</p>

WHEN TO BRUSH

Begin tooth brushing as soon as the **first baby tooth appears**

Brush **twice** a day (morning and at bedtime)

WHICH TOOTHPASTE?

Children **under 3 years** need to use **1000ppm** fluoride toothpaste.

All children needing higher protection against decay may use **1350-1500 ppm** fluoride toothpaste

HOW MUCH TOOTHPASTE?

Children **under 3 years** should use a **smear** of toothpaste.

Children between **3-6 years** should use no more than a **pea-sized** amount of toothpaste.

Encourage children to **spit out** excess toothpaste after brushing and **do not rinse**

PRECAUTIONS

Children **under 7 years** need adult supervision when brushing

Do not allow children to **eat or lick** toothpaste from the tube