

Bury's good brushing guide for babies and children



Brush as soon as the first tooth appears and supervise children brushing until 7 years old to make sure all teeth are done



Use a small brush with medium bristles and a family fluoride paste (1350-1500ppm fluoride)



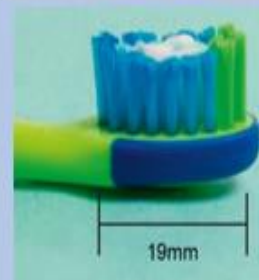
Brush at least twice a day for two minutes (at night and any other time through the day)



Spit don't rinse after brushing to keep fluoride on the teeth



Age	Amount of paste
Under 3 years	Smear/lentil size
3 years and over	A pea size amount



Have fun brushing



Maybe try watching the 2 minutes 'Hey Duggee' video on You Tube when brushing your child's teeth to keep them interested.

<https://www.youtube.com/watch?v=oStaJTHgHMU>

