

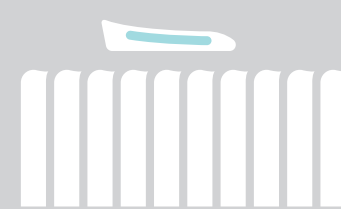
When the **first tooth** appears,
brush with a fluoride toothpaste,
last thing at night and on **one**
other occasion

2x



Toothpaste amount used
varies with age:

Under 3 years
use a smear



3 to 6 years
use a pea size



Supervise brushing
until **7 years** of age
to **ensure teeth** are
cleaned properly



Spit don't rinse.
Rinsing **washes**
the **fluoride**
protection away



Top tips for family toothbrushing



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