

# Toothbrushing advice sheet

It is important to brush our teeth and keep them clean. When we brush our teeth, we get rid of left over food and bacteria. This helps to protect our teeth against tooth decay.

When cleaning your teeth, you will need a **toothbrush** and a pea sized amount of **toothpaste**. You can use a normal toothbrush or an electric toothbrush.

We need to brush our teeth at least **twice** a day. This is in the morning and last thing before bedtime. The brush **before bedtime** is the most important. If bacteria are left on your teeth overnight, they can cause damage to your teeth while you are asleep. When you brush your teeth before bed, it is important not to have anything else to eat or drink apart from water before you go to sleep.



You should brush for **at least 2 minutes**. Ask your parents to get a clock or timer in the bathroom so you know how long this is.

You need to brush every tooth on the **inside** and the **outside**. Draw little circles on each tooth with the toothbrush as you go. Try to get a part of the toothbrush onto the gums as well so that you keep your gums clean.

When you have finished brushing, spit out the toothpaste but do not rinse with water. This will leave a little bit of toothpaste on the teeth. Toothpaste contains an ingredient called **fluoride**. **Fluoride** makes your teeth stronger and protects them against tooth decay. If you just spit out after brushing, the **fluoride** will keep protecting your teeth.

Teach your parents what you have learnt. Ask your parents to help you when brushing your teeth so that you can teach them about teeth too.

