

Tooth Brushing Guide

Keep Your Child's Mouth Healthy!

0-6 Years of Age

Before teeth

- Wipe your baby's gums and tongue after every feeding with a clean washcloth moistened only with water
- Take your child to the dentist by one year of age



First tooth - 3 years of age

- Brush your child's teeth using a small soft toothbrush moistened only with water
- Brush your child's teeth at least two times a day for two minutes each time, especially before bed



3 - 6 years of age

- Help brush your child's teeth using a small soft toothbrush and only a pea-sized amount of fluoride toothpaste
- Help brush your child's teeth at least two times a day for two minutes each time, especially before bed
- Make sure your child spits out the toothpaste and does not swallow it



For information purposes only;
NOT a substitute for professional dental advice

For more information, call
Peel Public Health at 905-799-7700
or visit peelregion.ca/dental

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