

# Top Tips For Teeth

Tooth brushing tips and dietary advice to help prevent tooth decay and help you reach a healthy weight



Register your child with a dentist as early as possible, before or soon after the first tooth appears or by the age of one, and attend regularly. Find more information at <https://dentalcheckbyone.co.uk/>



Brush teeth at least twice a day, including before bed, with a fluoride toothpaste (1000-1500ppm fluoride as directed by your dentist) for at least 2 minutes. Supervise brushing until children can brush effectively. Do not rinse after brushing.



Limit consumption of food and drinks containing sugars. Drink plain water or milk between meals.



Limit intake of sugary food and drink, other than plain water and milk, to 4 or less intakes per day to reduce your risk of decay.



Snack on healthier foods low in sugar such as fresh fruit, carrots, peppers, breadsticks and occasionally small amounts of low fat cheese. Avoid snacks with hidden sugars including some yoghurts, cereal and crisps.

Find a local dentist at: <https://services.nhslothian.scot/Dentists>