



Supervised Toothbrushing Scheme
for 3–5 year olds



Top Tips for Toothbrushing

- Use a family strength fluoride toothpaste (containing 1450 parts per million fluoride)
- Look at the ingredients on the box or tube of toothpaste to check how much fluoride it contains.

INGREDIENTS:

Aqua, Hydrated Silica, Sorbitol, Sodium Lauryl Sulfate, Cellulose Gum, Aroma, Sodium Fluoride, Soc 77891, Trisodium Phosphate, Limonene, Polysorbate 80, CI 74260

Contains Sodium Fluoride (1450ppm Fluoride) / Innehåller natriumfluorid (1450ppm Fluoride). / S Fluoride) / Innehåller natriumfluorid (1450ppm Fluoride). / Innehåller natriumfluorid (1450ppm F

- For children aged 0–2 years, use a smear of toothpaste
- For children aged 3 years and above, use a pea sized amount of toothpaste
- Spit out, don't rinse out after brushing
- Help your child to brush until they are at least 7 years old
- Brush last thing at night and at least one other time during the day