



# Toothbrush tips

For children aged 0-5 years

Start cleaning your baby's teeth as soon as they come through. Use a soft cloth, gauze or a soft children's toothbrush.

## Tips for choosing a toothbrush

Look for a toothbrush with:

- a small head
- soft bristles
- an easy to hold wide handle.

A colourful toothbrush will also help make brushing fun.

## Tips for brushing

- Use gentle circles to clean teeth and gums.
- Make sure to reach all teeth in the front and at the back.

Remember brushing every morning and night is one of the easiest ways to keep your child's teeth healthy.



Visit the Smiling Starts website to view short videos and access other helpful information.

**Contact 1800 939 666 if you have any queries.**

Early Childhood Dental Program



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