



NHS

Cheshire and Merseyside

Helping your child brush their teeth

Brush and Shine in
Cheshire & Merseyside



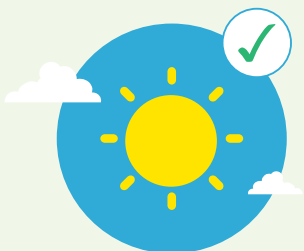
For more advice on children's
toothbrushing in English and
other languages please visit:



bspd.co.uk/Patients/PatientInfo

Children under the age of 7 should:

- ✓ Brush **twice** a day



- ✓ Use family **fluoride toothpaste** (1450ppm)

Under 3 years of age
a smear amount of toothpaste



3 years +
a pea-size amount of toothpaste



- ✓ **Spit don't rinse** after toothbrushing

- ✓ **Be supervised by an adult** while they brush their teeth

Translated versions of the All Together Smiling leaflet were published July 2025. This leaflet is available in English, Arabic, Chinese, Romanian, Portuguese and Polish.

