



V I C T O R I A



From birth

Clean mouth and gums by wiping with a soft cloth

First tooth

Brush twice a day with a soft toothbrush and plain water

Take your child to their first dental visit.

12 months



Add a pea-sized amount of low fluoride/children's toothpaste and encourage your child to spit out the toothpaste, not swallow and not rinse. Store toothpaste out of reach.

18 months

2.5 years

Begin flossing between any teeth that touch.

Start teaching your child to brush their own teeth.

4 - 5 years

Switch to adult toothpaste. After brushing spit out excess toothpaste (do not swallow), and do *not* rinse afterwards. Start teaching your child to floss their own teeth.

6 years



8 years

Allow your child to brush and floss unsupervised and continue regular dental check-ups.