



VICTORIA



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



2½ years

Begin flossing between any teeth that touch.

Start teaching your child to brush his or her own teeth.

4–5 years

Switch to adult toothpaste and spit out, not swallow and not rinse. Start teaching your child to floss his or her own teeth.

6 years



8 years

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