



British Society of  
**Paediatric Dentistry**  
(BSPD)

## Top 3 tips for preventing tooth decay

1



Reduce the amount and frequency of foods and drinks that contain sugars.



2

Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least one other occasion.

After brushing, spit don't rinse.



3

Take your child to the dentist when the first tooth erupts, at around 6 months and then on a regular basis.

This gives them a healthy start and helps them become accustomed to dental practice visits from an early age.

The BSPD has launched a set of infographics with the Top 3 tips for preventing tooth decay aimed at improving oral health which have now been translated into following languages:

Punjabi, Urdu, Bengali, Polish, Romanian and English.

To view this and other helpful leaflets created to support parents/guardians please scan the QR code below



The BSPD has lined up a great team to help make toothbrushing fun for families. Scan the QR code below to choose a video



Dental Check by one is established national guidance in the UK and provides more information about children having a dental appointment by the age of 1.

