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| **0-3 years** | **3-6 years** | **7-18 years** | **Adults** | **Pregnancy** | **Older adults** | **Learning Disability** |
| Brush teeth twice a day (last thing at night before bed and at one other time), with fluoride toothpaste.Ensure all surfaces of each tooth and the gumline are cleaned.Use a small-headed brush with soft/medium texture bristles.Brush for two minutes each time. You could use a timer, song or app to assist with this.Brushing should start as soon as the first tooth erupts using toothpaste containing at least 1000 ppmF.Children below 3 years of age should use no more than a smear of toothpaste. Parents or carers should help and supervise their children’s toothbrushing until at least 7 years of age.When they are able to, children should be encouraged to spit out excess toothpaste, and not to rinse with water after brushing. Babies should be introduced to drinking from a free-flow cup from around the age of 6 months. Feeding from a bottle should be discouraged from the age of 1 year.Only [breastmilk](https://www.dentalhealth.org/blog/breastfeeding-week-how-does-breastfeeding-affect-oral-health), infant formula, or cooled boiled water should be given in a bottle, or a free-flow cup from 6 months.Sugar should not be added to food or drinks given to babies or toddlers, including weaning foods. Minimise consumption of [sugar-containing](https://www.nhs.uk/healthier-families/food-facts/sugar/) foods and drinks.Use sugar-free versions of medicines if possible.Register your baby with a [dentist](https://www.nhs.uk/service-search/find-a-dentist/) as soon as possible, or when their first tooth erupts.Visit your [dentist](https://www.nhs.uk/service-search/find-a-dentist/) regularly, as often as they recommend. | Brush teeth twice a day (last thing at night before bed and at one other time), with fluoride toothpaste.Ensure all surfaces of each tooth and the gumline are cleaned.Use a small-headed brush with medium texture bristles.Brush for two minutes each time. You could use a timer, song or app to assist with this.Many children can brush their own teeth but will still require supervision, motivation, or assistance.Use a toothpaste containing 1350-1500 ppmF.Children between 3-6 years should use no more than a pea-sized amount of toothpaste.Spit out excess toothpaste, and not to rinse with water after brushing. The [dentist](https://www.nhs.uk/service-search/find-a-dentist/) should apply fluoride varnish to teeth from 3 years of age.Minimise consumption of [sugar-containing](https://www.nhs.uk/healthier-families/food-facts/sugar/) foods and drinks.Maintain good dietary practice in line with the [Eatwell Guide](https://www.gov.uk/government/publications/the-eatwell-guide) including avoiding or minimising sugar sweetened drinks (especially carbonated) and fruit juice and/or smoothies (limited to 150ml per day).Use sugar-free versions of medicines if possible.Visit your [dentist](https://www.nhs.uk/service-search/find-a-dentist/) regularly, as often as they recommend. | Brush teeth twice a day (last thing at night before bed and at one other time), with fluoride toothpaste.Ensure all surfaces of each tooth and the gumline are cleaned.Use a small-headed brush with medium texture bristles.Both powered and manual toothbrushes are effective for plaque control.Brush for two minutes each time. You could use a timer, song or app to assist with this.Use a toothpaste containing 1350-1500 ppmF.Spit out excess toothpaste, and not to rinse with water after brushing. Minimise consumption of [sugar-containing](https://www.nhs.uk/healthier-families/food-facts/sugar/) foods and drinks.Maintain good dietary practice in line with the [Eatwell Guide](https://www.gov.uk/government/publications/the-eatwell-guide) including avoiding or minimising sugar sweetened drinks (especially carbonated) and fruit juice and/or smoothies (limited to 150ml per day).Visit your [dentist](https://www.nhs.uk/service-search/find-a-dentist/) regularly, as often as they recommend.[Smoking](https://www.quitready.co.uk/) seriously affects general and oral health. The combined use of tobacco and [alcohol](https://www.turning-point.co.uk/services/leicestershire) further increases the risk of oral cancer. Encourage children and young people not to start smoking. | Brush teeth twice a day (last thing at night before bed and at one other time), with fluoride toothpaste.Ensure all surfaces of each tooth and the gumline are cleaned.Use a small-headed brush with medium texture bristles.Both powered and manual toothbrushes are effective for plaque control..Brush for two minutes each time. You could use a timer, song or app to assist with this.Use a toothpaste containing 1350-1500 ppmF.Spit out excess toothpaste, and not to rinse with water after brushing. 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This is also called pregnancy gingivitis or gum disease. For more information on keeping teeth and gums healthy in pregnancy please click [**here**](https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/bleeding-gums/).[NHS dental care](https://www.nhs.uk/service-search/find-a-dentist/) is free during pregnancy and for the first year after the birth of your baby.If you have morning sickness, rinse your mouth with plain water after you are sick to prevent the acid from damaging your teeth. Do not brush your teeth straight after vomiting as they will be softened by the acid from your stomach. Wait about an hour before brushing.Make sure your dentist knows you are pregnant so they can advise which treatments are suitable for you. | Brush teeth twice a day (last thing at night before bed and at one other time), with fluoride toothpaste.Ensure all surfaces of each tooth and the gumline are cleaned.Use a small-headed brush with medium texture bristles.Both powered and manual toothbrushes are effective for plaque control.Brush for two minutes each time. You could use a timer, song or app to assist with this.Use a toothpaste containing 1350-1500 ppmF.Spit out excess toothpaste, and not to rinse with water after brushing. Older adults with missing teeth would benefit from additional attention to oral hygiene, particularly those wearing partial dentures, as they increase plaque retention. Good denture hygiene is important.Those lacking manual dexterity or mental capacity may require assistance and support with toothbrushing. Those in care homes need daily support to meet their mouth care needs. Minimise consumption of [sugar-containing](https://www.nhs.uk/healthier-families/food-facts/sugar/) foods and drinks.Maintain good dietary practice in line with the [Eatwell Guide](https://www.gov.uk/government/publications/the-eatwell-guide) including avoiding or minimising sugar sweetened drinks (especially carbonated) and fruit juice and/or smoothies (limited to 150ml per day).Visit your [dentist](https://www.nhs.uk/service-search/find-a-dentist/) regularly, as often as they recommend.[Smoking](https://www.quitready.co.uk/) seriously affects general and oral health. 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Oral hygiene care should be based on professional expertise and the needs and preferences of the individual and carers. Minimise consumption of [sugar-containing](https://www.nhs.uk/healthier-families/food-facts/sugar/) foods and drinks.Maintain good dietary practice in line with the [Eatwell Guide](https://www.gov.uk/government/publications/the-eatwell-guide) including avoiding or minimising sugar sweetened drinks (especially carbonated) and fruit juice and/or smoothies (limited to 150ml per day).Visit your [dentist](https://www.nhs.uk/service-search/find-a-dentist/) regularly, as often as they recommend.[Smoking](https://www.quitready.co.uk/) seriously affects general and oral health. The combined use of tobacco and [alcohol](https://www.turning-point.co.uk/services/leicestershire) further increases the risk of oral cancer. Encourage children and young people not to start smoking. |