

Health Advice

How can I reduce the decay rate of my child's teeth?

You can help reduce the decay rate of your child's teeth by ensuring that they:

- Brush twice daily with a toothpaste containing fluoride and the antibacterial agent Triclosan. If your child is under 6 years old a toothpaste for milk teeth is recommended. The excess toothpaste should be spat out but **not** rinsed away.
- Reduce the frequency of sugar intake. This is most easily achieved by not having sugar-containing snacks in between meals
- Only use a fluoride supplement daily if recommended by their dentist
- Attend for regular dental check-ups as recommended by their dentist
- Ask about [fissure sealing](#) (plastic coatings)