

Brushing a Child's Teeth with a Manual Toothbrush

Brush your child's teeth twice a day for two minutes using fluoride toothpaste. Use a gentle, back-and-forth motion, focusing on two teeth at a time. Position the toothbrush at an angle against the teeth and the gum line when brushing. Ensure that the gum lines are thoroughly cleaned.

Amount of Toothpaste



Children under 3: Apply a tiny smear of toothpaste (fluoride content 1000–1100 ppm)



Children aged 3–5: An amount equivalent to the size of the child's little fingernail (fluoride content 1000–1100 ppm)



Children aged 6 and above: Apply 0.5–2 cm of toothpaste (fluoride content 1450 ppm)



Brush the outer surfaces of the upper teeth



Brush the front upper area



Brush the inner surfaces of the upper teeth



Brush the outer surfaces of the lower teeth



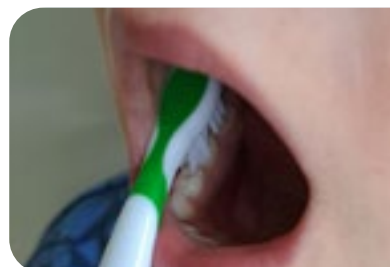
Brush the surfaces facing the tongue



Brush the front lower area



Position the brush vertically when brushing the inner surfaces of the front lower teeth



Brush the chewing surfaces of each tooth



Brushing a Child's Teeth with an Electric Toothbrush

Brush your child's teeth twice a day for two minutes using fluoride toothpaste. Move the electric toothbrush slowly along the gum line, following the curve of the teeth. Hold the brush for a few seconds on each surface of every tooth. Avoid back-and-forth movements with the toothbrush.

Amount of Toothpaste



Children under 3: Apply a tiny smear of toothpaste with fluoride content of 1000–1100 ppm.



Children aged 3–5: An amount equivalent to the size of the child's little fingernail, with fluoride content of 1000–1100 ppm.



Children aged 6 and above: Apply 0.5–2 cm of toothpaste with fluoride content of 1450 ppm.



Brush the outer surfaces of the upper teeth



Brush the front upper area



Brush the inner surfaces of the upper teeth



Brush the outer surfaces of the lower teeth



Brush the surfaces facing the tongue



Brush the front lower area



Position the brush vertically when brushing the inner surfaces of the front lower teeth



Brush the chewing surfaces of each tooth

