

Toothbrushing Advice

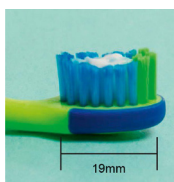
Brush your child's teeth in the morning and **last thing before bed**, every day!

Children need help to brush until they are at least 7 years old



Fluoride toothpaste helps to keep teeth strong. Children can use a fluoride toothpaste up to 1450ppmF

There's **no need to wet the toothbrush with water** first



For children under 3, use only a thin smear of toothpaste



For children over 3, use a pea-sized amount



Brush for **2 minutes**- a timer or playing a song can help

After brushing, spit out the paste but **don't rinse your mouth, just rinse your brush!**



For more advice, visit our website:
www.designedtosmile.org

Cyngor ar Frwsio Dannedd

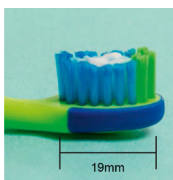
Brwsiwch ddannedd eich plentyn yn y bore a'r **peth olaf cyn mynd i'r gwely**, bob dydd!

Mae angen help ar blant i frwsio tan eu bod yn 7 oed o leiaf



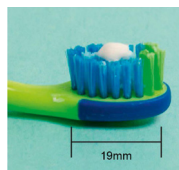
Mae **past dannedd fflworid** yn helpu i gadw dannedd yn gryf. Gall plant ddefnyddio past dannedd sy'n cynnwys fflworid i fynu at 1450ppmF

Does dim angen gwylchu'r brwsh dannedd gyda dŵr yn gyntaf



Ar gyfer plant o dan 3 oed, defnyddiwch haen denau o bast dannedd

Ar gyfer plant dros 3 oed, defnyddiwch swm sydd yr un maint â physen



Brwsiwch am **2 funud** -gall defnyddio amserydd neu wrando ar gân helpu

Ar ôl brwsio, **poerwch y past** ond peidiwch a rinsio **eich ceg, dim ond eich brwsh!**



I gael mwy o gyngor, ewch i'n gwefan:
www.cynllungwen.cymru