

Tips for making it fun

Brush together and make brushing fun

Help them brush for up to, at least, seven years old

Sing a song while your child brushes their teeth

Give children a sticker as a reward

Time a two-minute brush using your watch or an egg timer

Use teddy to practise teeth cleaning

Keep a chart and tick it off every time they brush!



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning	Morning	Morning	Morning	Morning	Morning	Morning



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Night	Night	Night	Night	Night	Night	Night



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Morning	Morning	Morning	Morning	Morning	Morning	Morning



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Healthy Smiles Brent



London North West Healthcare **NHS**
NHS Trust



Tips for looking after your children's teeth

Encourage a healthy lifestyle and reduce sugar in your food and drink

Brush twice a day – after breakfast and at bedtime

Start taking your child to the dentist regularly by the time they are one year old

After brushing spit out toothpaste and do not rinse

Buy and use a fluoride toothpaste – fluoride protects and strengthens teeth

Cut the amount of sugar children eat and drink – especially between meals

Important tips for children under three years

Look after your health during pregnancy and visit your dentist

Breastfeeding is good for babies

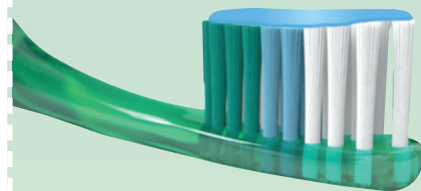
From six months infants should be introduced to drinking from a cup

Water and milk are the best drinks

Don't add sugar to food or drink as this may cause tooth decay

Start brushing your baby's teeth as soon as they appear

Use a smear of toothpaste no less than 1000ppm (look on toothpaste box for this information)



A smear of toothpaste on the toothbrush will look something like this

Tips for under 3s

Important tips for children three years and above

Reduce the amount and frequency of sugary food and drinks in your child's diet – allow them only with meals

Use a pea-size amount of toothpaste on the brush for children older than three containing at least 1350ppm of fluoride

Water and milk in a cup are the best drinks for teeth

A pea-sized amount of toothpaste on the toothbrush will look something like this



Smile!
Show off your healthy teeth and gums



Tips for parents and carers

Don't forget to smile

– your child can show off healthy teeth and gums

Teeth are important, including baby teeth

– so take care of them

Don't dodge the dentist

– unhealthy teeth in children can result in pain, time off school and can affect your child's life

Dental treatment is free

– if you are pregnant or a mother with an under 1 year old
If you are aged under 18 or under 19 and receiving full time education

It's easy to find a dentist

– your school, neighbour, friend or doctor's surgery may know where to find your local dentist

– there are lists of dentists on the NHS website www.nhs.uk or call **NHS 111**

Fluoride varnish is free

– applied to teeth helps keep teeth strong and can help prevent tooth decay. Ask your dentist about fluoride varnish.

For further information

Email the Brent Dental team on LNWH-tr.BrentOHP@nhs.net