

# Tips for a healthy smile

- Eat less sugar, less often, and only at mealtimes
- Avoid sugary food and drinks before bedtime
- Sugary drinks have no place in a child's daily diet
- Try sugar free, diet or no added sugar drinks instead
- Choose healthy snacks and drinks in between meals such as fresh fruit, cheese, milk and water
- Ask your dentist if your child would benefit from a higher strength fluoride toothpaste from the age of ten (2800ppm fluoride)
- Take your kids to the dentist as soon as their first tooth starts to come through
- Make regular trips to the dentist



# Toothbrushing Programme



## Why are pre-schools and schools taking part in the toothbrushing programme?

Toothbrushing with a fluoridated toothpaste at least twice a day can help reduce high tooth decay rates in young children. Pre-schools and schools want to teach children how to keep their teeth healthy by cleaning them properly. Parents tell us, children love brushing their teeth at school with their friends and this makes it easier to clean their child's teeth at home.

## Does this replace toothbrushing at home?

No, children still need to brush twice a day at home. Toothbrushing in pre-schools and schools should be in addition to brushing at home. Brushing last thing at night is the most important time.

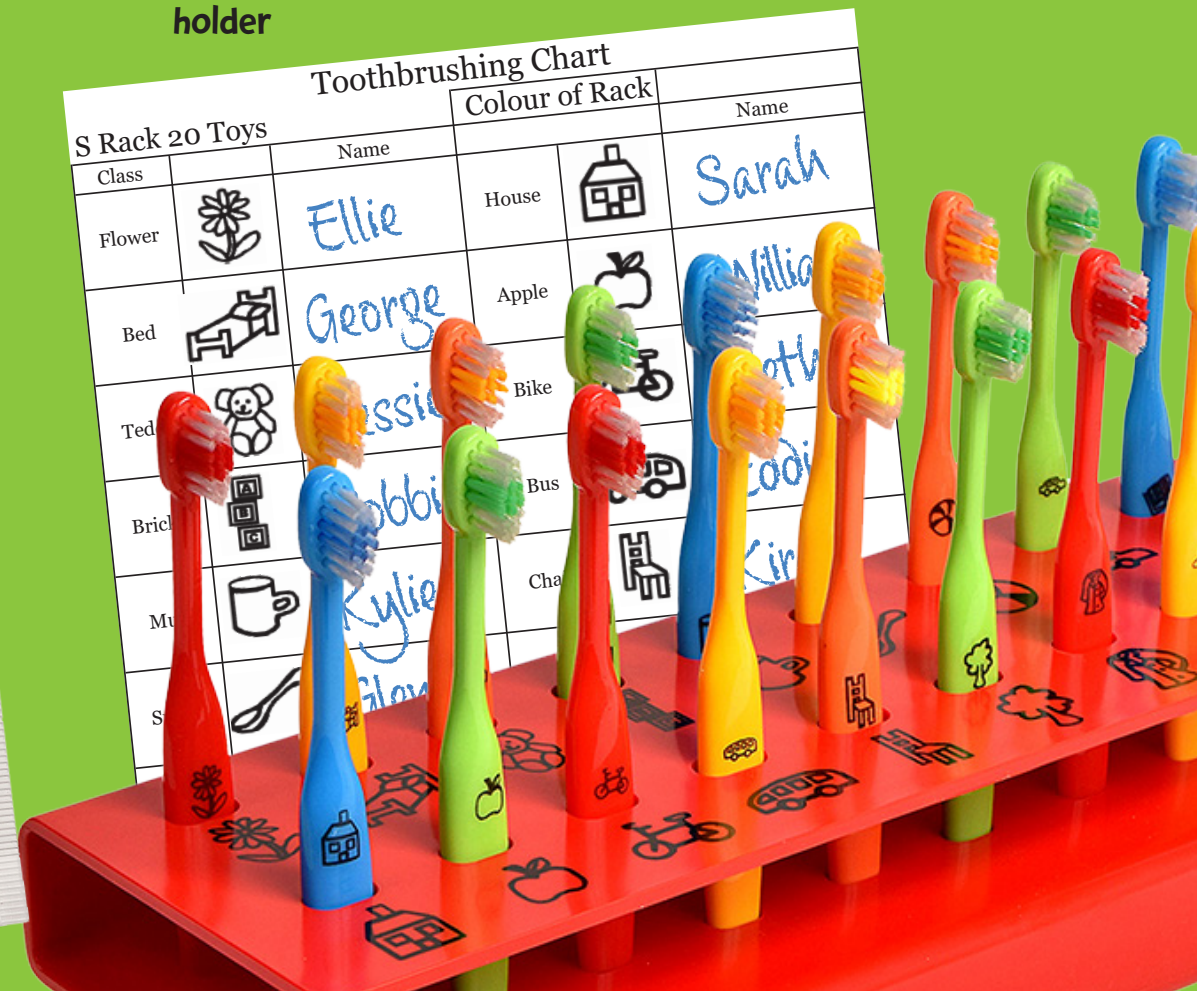
## How does the programme work?

- The whole class are supervised to brush their teeth on a daily basis
- Free toothbrushes and fluoride toothpaste are provided for each child and replaced regularly
- Each child has a toothbrush with its own symbol, so that it is easy to find, and does not get mixed up with another child's brush
- All toothbrushes are stored in a holder to prevent them touching other brushes



## The toothbrushing activity

- A small amount of fluoride toothpaste (either smear or pea depending on age) is applied to each brush separately
- Staff use a 2 minute timer or song whilst children are brushing to make sure children brush all their teeth
- Children are encouraged to spit out excess toothpaste
- At the end of the activity toothbrushes are rinsed separately and then put back in the holder



S Rack 20 Toys		Toothbrushing Chart		Colour of Rack		Name	
Class		Name					
Flower		Ellie	House				Sarah
Bed		George	Apple				Millia
Teddy		Missie	Bike				Bob
Bricks		Robbie	Bus				Loody
Mug		Kylie	Chair				Kira
Spoon		Flora					