

Keep Suffolk

Smiling in School



Put a smile on your face with our simple guide to brushing your teeth

Brushing

Brush all of your child's teeth thoroughly, covering all surfaces of the teeth. Brush the inside, outside and chewing surfaces of their teeth.



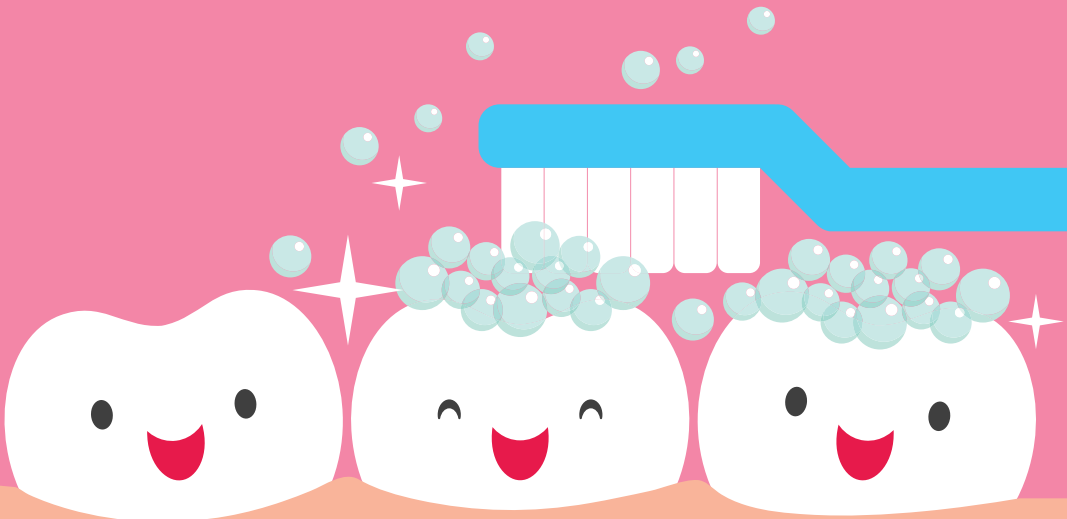
Brush twice a day for at least two minutes.
Once before bedtime and one other time during the day



Under 8s should be helped by an adult as they do not have the ability to reach every surface of every tooth



"Spit don't rinse" Don't rinse with water during or straight after toothbrushing as it will wash away the fluoride.



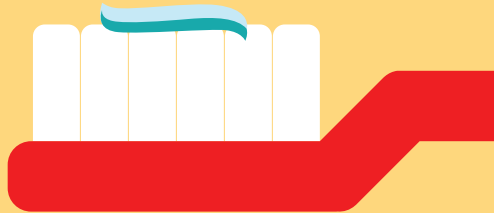
Toothpaste



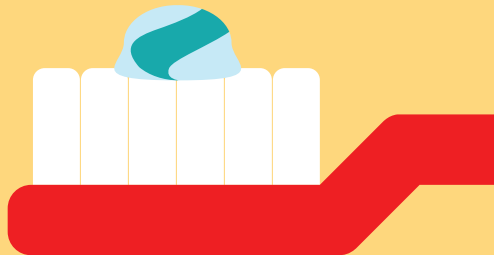
Always supervise toothpaste use and help your children to brush their teeth until at least seven years old. Also make sure they don't eat toothpaste from the tube!

The recommended fluoride levels in toothpaste are below:

0-3 years (Children's toothpaste)
1000 - 1350 parts per million (ppm).
Use a smear.

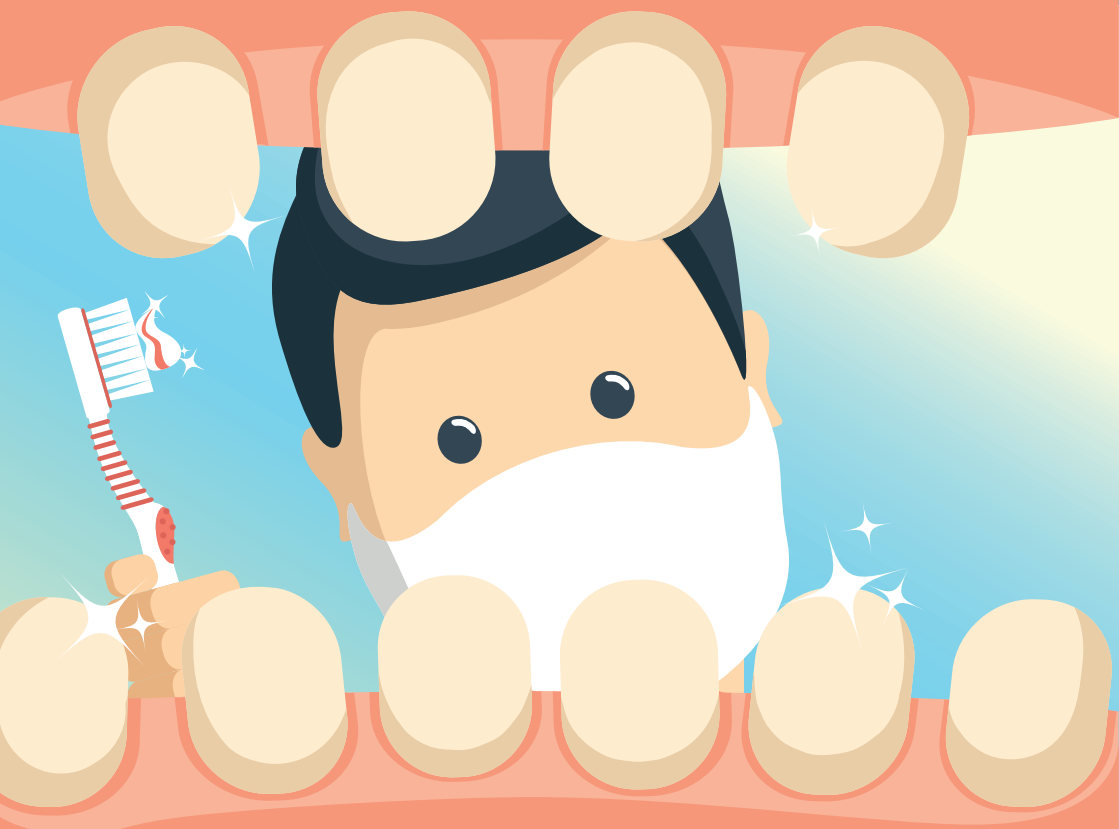


3+ years (Family toothpaste)
1350 - 1450 parts per million (ppm).
Use a pea size amount.



Any brand of toothpaste could be used providing it has the recommended levels of fluoride stated above, check the toothpaste packet for this information, or ask your dentist.

Visiting the dentist



When it comes to children's teeth, regular brushing and visits to the dentist are important. If you've not yet taken your children to the dentist, please make an appointment. Information on how to find and contact an NHS dentist can be found on the back page.

Your dentist can also give you advice on whether your child would benefit from extra protection such as fluoride varnishes.

Food and Drink

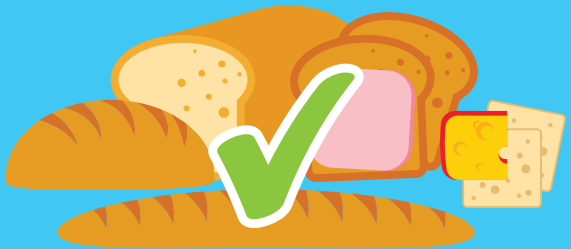


Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary foods and drinks frequently, keep them to mealtimes.

Below are some examples of tooth friendly snacks and drinks between meals:



- Fresh fruit
- Fresh vegetables
- Toast (with a savoury topping)
- Breads and breadsticks
- Crackers and cheese
- Milk (plain)
- Water (plain)
- For more specific information see page 7

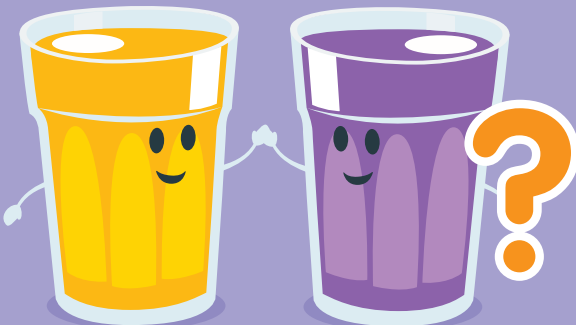
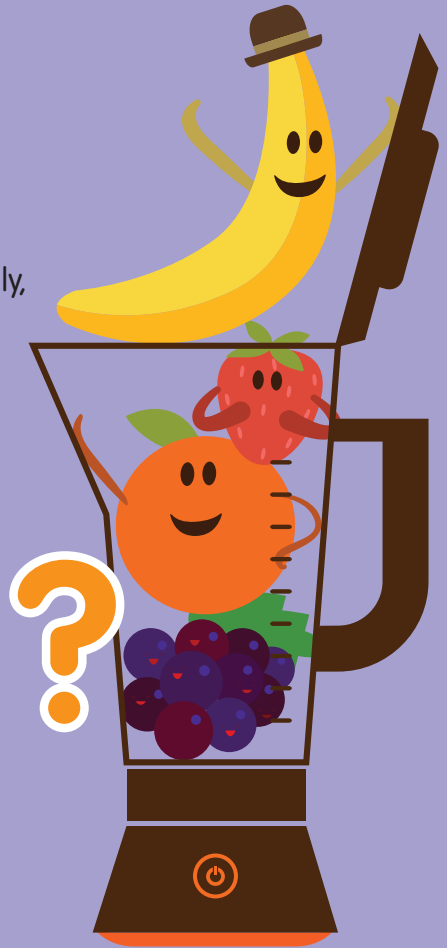


Milk or water are good choices of drinks between meals for teeth.

Food and Drink

The following, although generally considered healthy, are **not** tooth friendly, so should be kept to mealtimes only:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit
- 'No added sugar' drinks



Remember, the more often children eat and drink sugary and acidic things the more damage is caused to their teeth.

Every time you eat or drink something sugary the chances of tooth decay increase, especially if the sugary snacks are consumed between mealtimes. Limit sugary foods and drinks to mealtimes and try instead to eat fresh, local and seasonal ingredients to maximise your child's dental and overall health.

Below are some examples of tooth friendly alternatives to sugary food and drinks which you could aim to swap/exchange at mealtimes and between meals. Good luck, their teeth will thank you!

Swaps/ Exchange?	Things to swap/exchange from	Things to swap/exchange to
Breakfast	Sugary Cereals	Plain Porridge Plain wholewheat biscuits Plain Shredded whole grain
Drinks	Fizzy drinks Sugary drinks Sugary Squash	Water Lower-fat milks
After school snack	Muffins Cakes Croissants or pastries Biscuits Chocolate bars Cereal bars Sugary breakfast cereal Puddings Sweets	Fresh Fruit Cut up vegetables such as carrot or cucumber sticks Plain rice cakes Toast or bagel with low fat spread and reduced fat hummus Plain unsalted nuts Plain popcorn Cheese
Puddings	Chilled desserts Cakes Ice cream Yoghurt	Fresh fruit Sugar free Jelly Low fat, lower sugar yoghurt

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www.healthysuffolk.org.uk

 #keepsuffolksmiling

If you require details for how to find and contact an NHS dentist, please visit www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx or contact NHS England on 0300 311 2233

If you need help to understand this information in another language please call 03456 066 067.

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.

Portuguese

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer.

Polish

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন

Bengali

Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067

Lithuanian

Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067

Romanian

Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067.

Russian

If you would like this information in another format, including audio or large print, please call 03456 066 067.



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