

## 12 Top tips for teeth



## Brushing

- 1.Brush before bed time and one other time during the day
- 2.Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
- 3.Just a smear on the brush for under 3s
- 4.Pea sized amount for over 3s
- **5.Spit don't rinse when finished**
- 6.Supervise under 8s when brushing
- 7. Children should be taken to the dentist for regular visits





If you need help finding a dentist please telephone:

**NHS Helpline: 111** 

or visit their website: www.nhs.uk

## Between meal snacks

8. Avoid sugary and acidic food / drinks between meals and an hour before bedtime

9.Honey, smoothies, fruit juice and dried fruit are not tooth-friendly snacks

10.Milk is a tooth friendly drink during the day, water is tooth friendly at any time

11.From 6 months onwards encourage the use of open top cups - discourage

bottle use after the age of one year

12.Remember to ask for sugar-free medicines whenever possible

For more information, visit www.communitydentalservices.co.uk or phone 01869 238335 Produced by the Oral Health Promotion Team, Community Dental Services CIC©.