12 Top tips for teeth

Brushing

1. Brush before bedtime 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 NHS 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**

Produced by the Oral Health Improvement Team, **Community Dental Services CIC**©.