

Visit the dentist!

NHS dental care is **FREE** until the age of 18

Visit the dentist **regularly**, not just when in pain

Ask your dentist to brush on **fluoride varnish** for added protection against tooth decay - **IT'S FREE!**

Colour in the pictures



To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists
Or call your local Healthwatch on **0116 251 8313**

Need URGENT dental care?
Calls are **FREE** from landlines and mobile phones



The NHS non-emergency number

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of cubes in your food and drink

Make brushing fun!

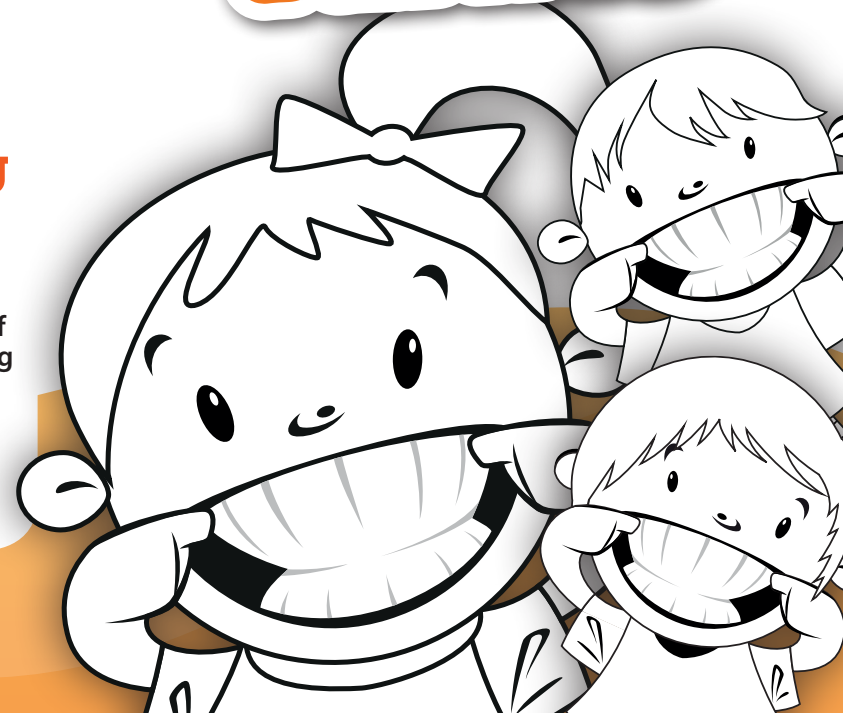
FREE Brush DJ App

- Plays 2 minutes of music for brushing
- Sets reminders for brushing and visiting your dentist or hygienist



Healthy Teeth, Happy Smiles!

3-6 YEARS



**Brush your teeth
2 times every day,
in the morning
and just before
going to bed**

**Brush your teeth
for 2 minutes
with a fluoride
toothpaste**

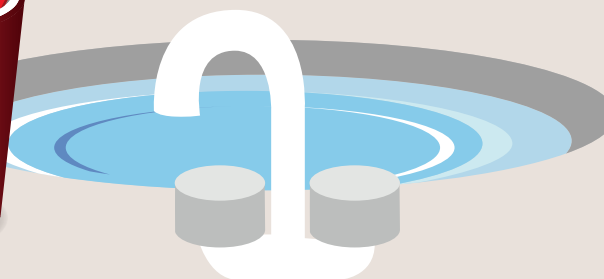
**Ask a grown-up
to help you brush
your teeth**

**After brushing,
just spit out
the toothpaste -
don't rinse**



**Use a pea sized
amount of fluoride
toothpaste**

**Eat healthy
food and only
have sweet food
and drinks
with meals**



Eat stuff like this.
Keep treats for pudding.