

I love

**BRUSHING
MY TEETH!**



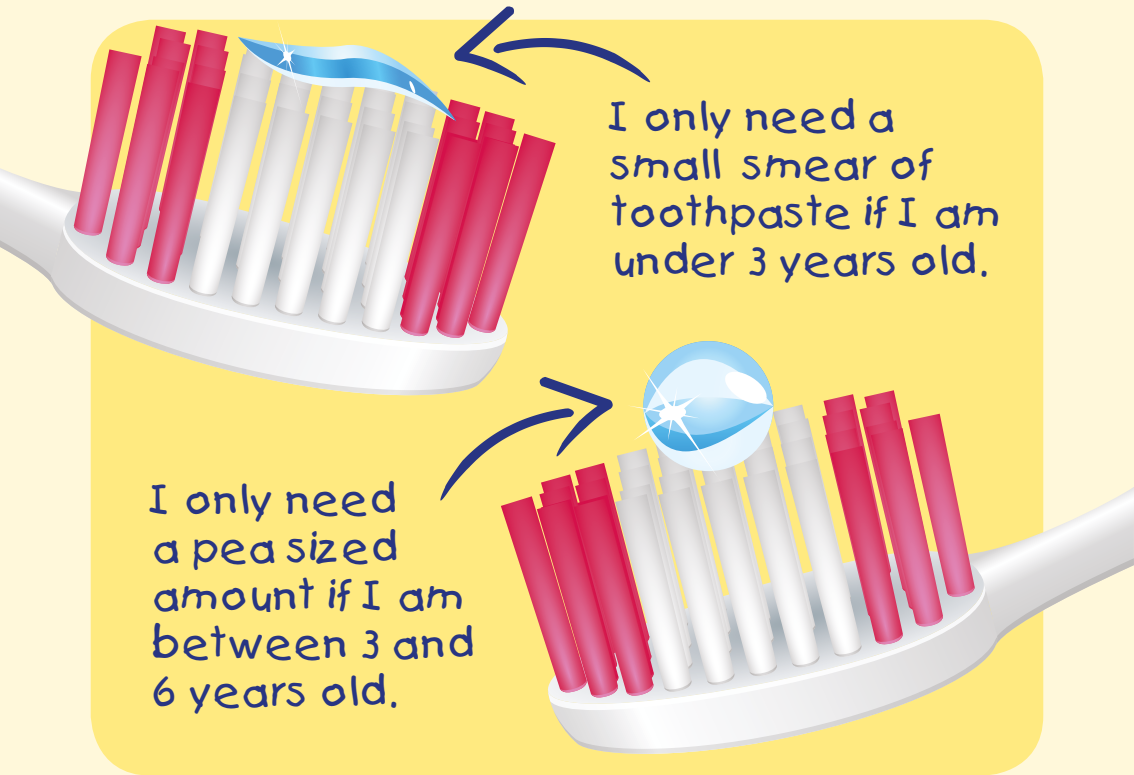
Leicester
City Council



An adult always helps me brush my teeth.



An adult helps me brush my teeth after breakfast and just before bed everyday.



I only need a small smear of toothpaste if I am under 3 years old.

I only need a pea sized amount if I am between 3 and 6 years old.

An adult puts fluoride toothpaste on my dry toothbrush.



An adult starts brushing my teeth at the back of my mouth.



An adult moves my toothbrush slowly to also clean the teeth at the front of my mouth.



An adult only brushes two or three of my teeth at a time in little circles.



An adult brushes the outside,
inside and top of all my teeth.



I then have a turn at brushing
my own teeth!



After brushing, I just spit
and don't rinse.



Now I have clean and sparkly teeth!

Visit the dentist!

- NHS dental care is **FREE** until the age of 18
- **FREE** NHS dental care for **ALL** pregnant mothers **AND** for 12 months after birth
- Take children to see the dentist **as soon as** the first baby tooth shows in the mouth
- Take your child to the dentist **regularly**, not just when in pain
- Ask your dentist to brush on **fluoride varnish** for added protection against tooth decay (for children aged 3 and above) - **IT'S FREE!**

Make brushing your teeth fun!

FREE Brush DJ App

- Play 2 minutes of music for brushing
- Set reminders for brushing and visiting your dentist or hygienist

Get Sugar Smart!

FREE Change4Life App

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



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