



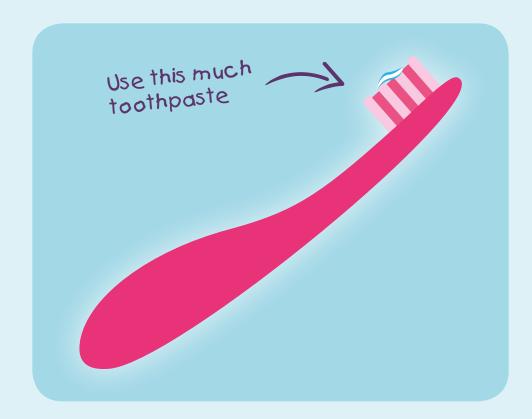
Look, Mum – I have a new, sparkly tooth!



I need a small toothbrush with soft bristles.



I need toothpaste with fluoride.



I only need a smear of fluoride toothpaste on my toothbrush.

3



I need to brush my tooth two times a day.



I don't need my baby bottle anymore.



I need to drink from a free-flow cup – it's better for my teeth.



Milk or water is best for me.

7



I don't need sweet or fizzy drinks.



I need to show the dentist my new tooth!

9

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





