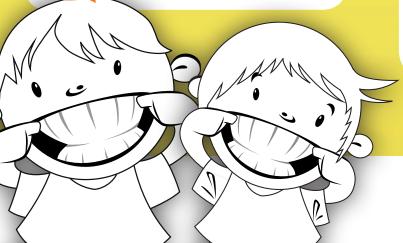# Visit the dentist!

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 *(for children aged 3 and above)* **- 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

CALL 111

The NHS non-emergency number

Get Sugar Smart!

FREE Change4Life App

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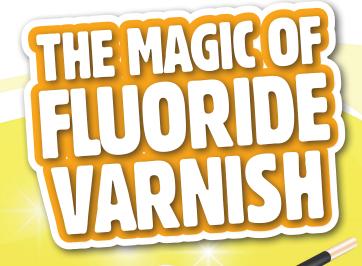- See the number of cubes in your food and drink

Make brushing fun!

FREE Brush DJ App

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

Download on the **App Store**

ANDROID APP ON **Google play**

Healthy Teeth, Happy Smiles!

THE MAGIC OF FLUORIDE VARNISH

Dr J.Murphy, Consultant in Public Health

Leicester City Council

NHS England

It is simple and quick and just painted onto teeth

Tooth decay is preventable

It is available **FREE** on the NHS for any child aged **3 years** and above

The benefits of fluoride varnish last for several months, after which it needs to be reapplied

Fluoride varnish can prevent tooth decay!

Tooth decay can cause pain and can prevent children eating, sleeping and learning