

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!

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

Healthy Teeth, Happy Smiles!

WATER IS COOL!

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





**Water has
NO calories,
acid or sugar**

ALL sports and
fizzy drinks
(including diet
drinks) contain
acid and can
damage teeth.

**Water is
CHEAPER
than any other
drink**

**Water STOPS
you feeling
thirsty**

**Water is best
DURING and
AFTER exercise**

**Water is KIND
to your teeth**

