

Service provided by:



**AT HOME  
DENTAL**

**NHS**



## We're bringing supervised toothbrushing to your school!

Through supervised toothbrushing in the classroom, engaging resources and guidance, we're here to help your children to build healthy toothbrushing habits.

We're providing every child with a kit to brush once a day at school and, to support this, we are giving each child their own home pack too. We would greatly appreciate your support to encourage children with their brushing in a positive way.

Check out our website for  
toothbrushing tips and fun  
resources and videos!

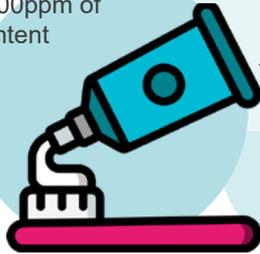


**Brushing together for healthy smiles**

## How much toothpaste?

### Under 3 Yrs old:

- ✓ A smear of toothpaste
- ✓ At least 1000ppm of fluoride content



### Over 3 Yrs old:

- ✓ A pea-sized amount of toothpaste
- ✓ At least 1350ppm of fluoride content

## TOP tips for brushing

- ✓ Help children under 7
- ✓ Brush twice a day
- ✓ Brush gums too
- ✓ Brush teeth for 2 minutes
- ✓ Always use fluoride toothpaste
- ✓ Don't rinse after brushing

Fluoride makes your teeth strong!

This is to leave fluoride on your teeth to help strengthen them



[www.bigbrushclub.co.uk](http://www.bigbrushclub.co.uk)

## Be a brilliant brusher!

### 1 Outside

Brush the outside surface of each tooth using small, wiggling, circular motions. Make sure to jiggle along every tooth down (or up) to the gums.

### 2 Inside

Brush the inside surface of each tooth using the same circular motions. Don't forget to wiggle your brush close to the gums!

### 3 To The Back

Brush the tops of the back teeth, where you chew, using a forward and backward motion.

### 4 To The Front

Tilt your toothbrush vertically to brush behind each front tooth using small up and down strokes. Remember to brush both the top and bottom teeth.

### 5 Tongue

Remember to brush your tongue. Germs and bacteria can hide here!

We love these fun videos! They time your brushing and teach you lots too!



AT HOME  
DENTAL

[www.athomedental.co.uk](http://www.athomedental.co.uk)



Brushing together for healthy smiles



## What's happening at school

**Your child will be brushing their teeth each day in the classroom, but need to brush at home too!**

We're committed to improving children's oral health. The aim of the supervised toothbrushing programme is for every child to brush their teeth with fluoride toothpaste once a day in the classroom and also twice a day at home, developing healthy habits which can last a lifetime.

We've trained Oral Healthcare Champions in your school and have supplied all materials, including toothbrushes, toothpaste, toothbrush racks and more!

## Looking after your teeth

- ✓ **Sugary food and drinks can damage teeth.** Limit these and have at mealtimes only.
- ✓ Between meals, **drink water or milk** and try not to snack.
- ✓ **Dental check ups** are important, and everyone should have regular dental visits.



**AT HOME  
DENTAL**

[www.athomedental.co.uk](http://www.athomedental.co.uk)



[www.bigbrushclub.co.uk](http://www.bigbrushclub.co.uk)