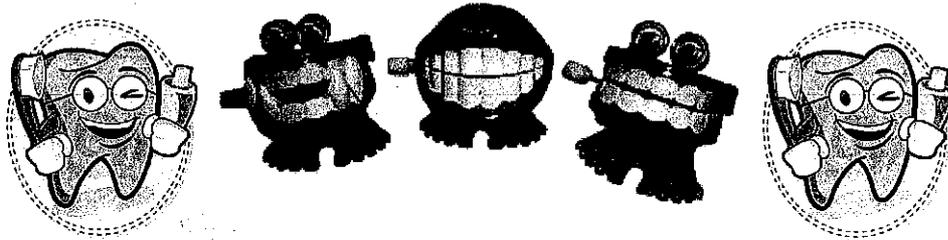


**January 2019**

Welcome to our school nurse team newsletter. We will be sending healthy messages out each month. Please take the time to look at this with your children.

## Dental Hygiene call to action



Dear Parent/Guardian

Help keep your children's teeth clean and healthy please. Your child should be brushing their teeth with fluoride toothpaste, at least twice every day.

### Top tips for brushing with your child

Brush teeth and gums thoroughly last thing at night and at least one other time during the day, with Fluoride toothpaste.

Children under 3 years should have no more than a smear of toothpaste with no less than 1000ppm of fluoride content (ppm - parts per million)

Children over 3 years of age should use no more than a pea-sized amount of toothpaste with at least 1000ppm of fluoride content - this is printed on the tubes. Children need help with brushing until they are at least 7 years old as they miss the back teeth

### Did you Know!

- Everyone should use a small headed toothbrush or an electric.
- Haribo sweets have the most sugar in, to rot teeth.
- 10yr old children have eaten enough sugar for an 18yr old!
- Sugar clings to the teeth and can take two lots of teeth cleaning to remove it

## How to clean your teeth

- Put a small pea sized amount of toothpaste onto a dry brush
- Brush for 2 minutes - it may help to use a timer
- Brush both, top and bottom teeth, outside and inside, back and front and biting surfaces. Don't forget the tongue.
- Your child should spit out excess toothpaste, do not rinse after brushing as this removes the fluoride protection from the teeth.
- Rinse the toothbrush after use and put to air dry so that brush head is not touching anything - ready for the next time.

## Other tips to care for teeth

Sugary foods and drinks can damage teeth, keep these to a minimum and try to 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.



To find a dentist visit [www.nhs.uk](http://www.nhs.uk)

If you would like further advice and support on this or any other health topics please feel free to contact the school nurse team.

**School Nurse team telephone number 03000269036**