



Let's look after our teeth



All about our teeth

We have 20 primary teeth that we need to protect and brush well.

We need our teeth to eat, talk, sing and smile!

CHEWING MOLARS

with deep pits and grooves



POINTED CANINES

to grip and tear



BITING INCISORS

for cutting food



Brushing our teeth

- Brush morning and night
- Use a pea size amount of fluoride paste
- Brush thoroughly in small circles overlapping the gums
- Spit the paste - don't rinse it away with water or mouthwash



Choose a healthy diet



Eat lots of fruit and vegetables to keep our teeth strong.



Sweets, fizzy drinks and sugary snacks can cause cavities.



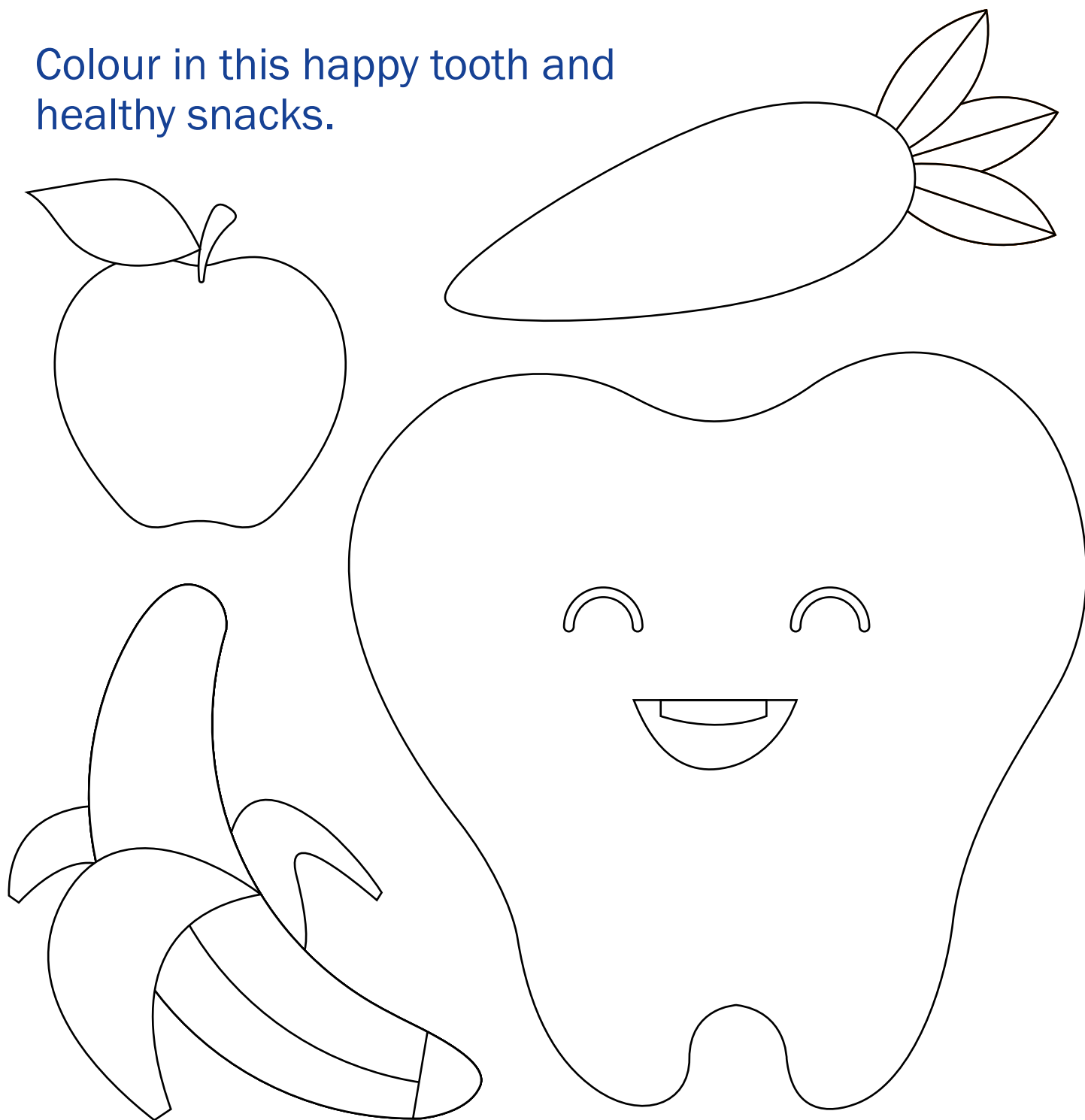
Visit the dentist

Dentists check our teeth to see that they are strong.

They use a small mouth mirror to count our teeth.



Colour in this happy tooth and healthy snacks.



Advice for parents

Tooth decay is preventable with a healthy diet and daily toothbrushing with fluoride paste.

Children need their teeth for growth, speech, wellbeing and self-confidence.

0-3 years Start brushing your child's teeth as soon as first tooth erupts. Use a smear of paste at least 1000 ppm fluoride. Brush twice daily.

3-6 years Supervise your child's brushing. Use a pea-size amount of paste at least 1000 ppm fluoride. Brush twice daily. Encourage to spit don't rinse away paste with water or mouthwash.

- Choose a healthy diet of fruit and vegetables
- Minimise consumption and frequency of sugar-containing foods and drinks
- Encourage water and milk as healthy alternatives
- Children should visit the dentist regularly for check-ups

(Delivering Better Health Care Gov.UK 2021)