



## THE IMPORTANCE OF TOOTHBRUSHING AT HOME

Dear Parent/Carer,

Now that children have returned to nursery and school, this brings lots of challenges, new routines and new ways of working for everyone to get used to.

At this time, we are unable to support children with toothbrushing at nursery and school as before.

We want to reassure you that we will do as much as we can to make sure children can look after their teeth.

At this stage we feel it is important to provide children with toothbrushes and toothpaste to use at home.

### **Help your child look after their teeth:**

- Encourage your child/children to brush at home
- Brush teeth twice a day for at least two minutes using fluoride toothpaste, every morning after breakfast & before bed
- Spit out excess toothpaste & don't rinse after brushing - this gives toothpaste time to work and protects the teeth
- Keep sugary snacks & drinks to mealtimes only
- Remember plain water & plain milk are the only drinks safe for teeth

### **Checkout the following link online:**

<https://www.youtube.com/watch?list=PLB4FBA1DB1DAF4D45&v=kAtR2jzXEio>

### **Brush to the catchy tune:**

<https://www.youtube.com/watch?list=PLB4FBA1DB1DAF4D45&v=kAtR2jzXEio>

**If you have any concerns about your child's mouth please contact your child's registered dentist. If your child is not registered with a dentist then please phone us on 01236 707711 and we can support you to find a dentist.**

Regards,

Childsmile Prevention Team

NHS Lanarkshire Public Dental Service