



Oral Health Week - Day Two

Spit out, don't rinse the fluoride toothpaste away! flyer



Note to practitioner:

This flyer can be sent home to parents on day two of your 'Oral Health Week' campaign (alongside Flyer 72a).

The planning for day two focuses on 'teeth brushing' and the 'spit out, don't rinse the fluoride toothpaste away' messages.

The flyer provides families with useful information about fluoride, the amount of toothpaste to apply to the brush, and the type of brush to purchase.

To help reduce printing costs two flyers are provided on each A4 sheet and can be printed back to back and then cut in half, creating two flyers.

Warwickshire Early Years Oral Health



**Spit out,
don't rinse
the flouride
toothpaste
away!**



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Spit out, don't rinse the fluoride toothpaste away!

During today's session we have been learning about brushing our teeth. We have talked to the children about spitting out the toothpaste so it can keep working, and not rinsing it away with water.

Continue to help and supervise your child in brushing their teeth up to the age of 7.

Remember:

- Use a soft age-appropriate toothbrush.
- Under 3's - use a smear of fluoride toothpaste which contains no less than 1000 parts per million (ppm) of fluoride.
- 3 - 6 years olds - use a pea sized amount of fluoride toothpaste which contains more than 1000 parts per million (ppm) of fluoride.
- Cover all the surfaces of the teeth.
- Spit don't rinse after brushing. Don't wash the fluoride away, because it strengthens teeth.

Has your child started to complete their tooth brushing chart yet?
Once complete return it to nursery to claim your certificate.



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