



Oral Health Week - Day Two

Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion flyer



Note to practitioner:

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

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



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Support your child to brush their teeth until 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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