



Toothbrushing means healthy teeth for your child



EasyRead version



Childsmile has a **toothbrushing and fluoride varnish programme** working with children at nursery or school.



Children in the programme will be helped to brush their teeth properly every day as well as brushing at home.

The toothbrushing programme



Children are given their own toothbrush, which will be kept at their nursery or school.



All children will get a new toothbrush when they need one.

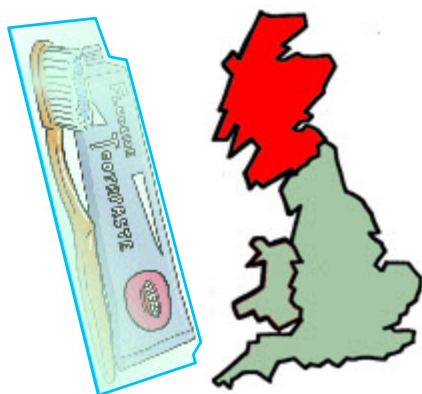
Keeping your child's teeth healthy at home



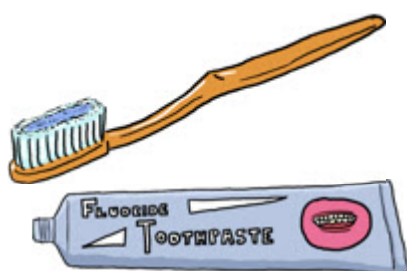
Young children need help every day with brushing their teeth.



Brushing at least twice a day with a fluoride toothpaste can help make sure your child has healthy teeth.



Every child in Scotland will get a dental pack at least 5 times between the ages of 3 and 5.

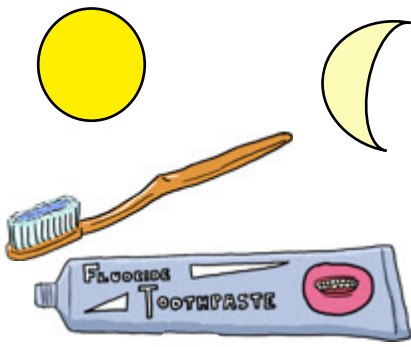


The pack has a toothbrush and fluoride toothpaste.



At home, you should help your child with brushing their teeth and gums until they are 7 years old.

This is to make sure they do it the right way.



Make sure they do not swallow toothpaste while they are brushing their teeth.

They should brush teeth and gums at least twice a day with fluoride toothpaste.

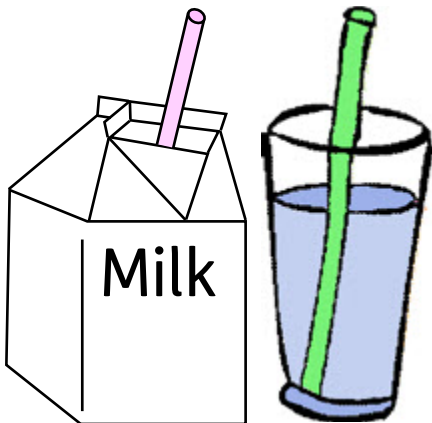


After brushing tell your child to 'spit, but do not rinse'.

This gives the toothpaste time to work on the teeth.



Keep food and drinks that have sugar in them to mealtimes only.



Plain milk and tap water are the best drinks for teeth.



Make sure your child is signed up with a dentist and goes when asked to.

For more information go to our website:



www.child-smile.org

Or phone the NHS Helpline:



0800 224488



You will be asked to fill in a form giving permission for your child to be part of this programme.