

## Top tips for a healthy mouth

- ◆ Brush teeth at least twice a day for 2 minutes, as soon as the very first tooth begins to appear!
- ◆ Brushing at bedtime each day is the most important time.
- ◆ Ensure you use a fluoride toothpaste, with at least 1000ppm fluoride in the following quantities:



A smear for  
0-3 years or  
those who  
cannot spit out.



Pea sized blob for  
3-6 year olds or  
those who are  
able to spit out.

- ◆ After tooth brushing do not rinse your mouth with water, just spit the toothpaste out. **Spit, don't rinse!**
- ◆ Keep sugary foods and drinks to mealtimes only.

If you require further information, contact us at  
Oral Health Improvement Team,  
Brookfields Hospital, 351 Mill Road,  
Mill House, Dental Suite,  
Cambridge, CB1 3DF  
Email: [ccs.dentalohecams@nhs.net](mailto:ccs.dentalohecams@nhs.net)



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net). For free confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.



Supervised toothbrushing  
Information for  
Parents and carers

Cambridgeshire Community Services NHS Trust: delivering excellence in dental care  
across Cambridgeshire, Peterborough and Suffolk



Cambridgeshire Community  
Services NHS Trust



Report Date  
30 August 2019

### Did you know?

A quarter of 4-5 year olds in England have decayed teeth.

Public Health England say....

.....“brushing each day at school over a 2 year period is effective for preventing tooth decay”.

To reduce the risks of tooth decay sign up your child to our fun prevention programme called My smile.

**mysmile**



### My smile supervised toothbrushing programme

My smile is a fully funded NHS supervised toothbrushing programme.

The NHS oral health team provide full support and training to the staff.

This training includes

- ◆ supervised tooth brushing
- ◆ oral health information
- ◆ cross infection control

The programme will be regularly be monitored.

The NHS provide the school with toothbrushes and toothpaste.

**To take part you will need to complete a consent form and return to school as soon as possible.**

Parents say that children enjoy My smile and are more willing to brush their teeth at home.

### How will this help my child?

- ◆ Learning good toothbrushing skills.
- ◆ Toothbrushing with fluoride toothpaste strengthens teeth.
- ◆ More willing to brush teeth at home.
- ◆ Reducing the impact of sugar on the teeth.
- ◆ Willing to try more fruits and vegetables.
- ◆ Building good healthy habits.
- ◆ Information to help find a dentist or emergency dental care.

**This must not replace brushing twice a day at home!**