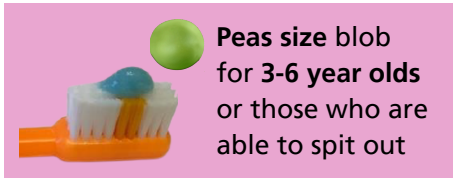
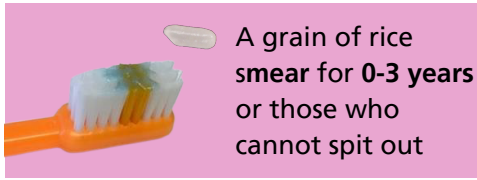


## Top tips for a healthy mouth

- Brush teeth twice a day for 2 minutes, as soon as the very first tooth appears.
- Brushing at bedtime is the most important time of day and also one other time of day.
- Ensure you use a fluoride toothpaste, with at least 1000 parts per million (ppm) of fluoride in the following quantities



- After toothbrushing do not rinse your mouth with water, just spit the toothpaste out, **spit don't rinse**
- Keep sugary foods and drinks to meal times 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.dentalohecamb@nhs.net](mailto:ccs.dentalohecamb@nhs.net)



If you have any compliments about this service or suggestions for improvement, contact our Patient Advice and Liaison Services 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.



mysmile

# Supervised toothbrushing information for parents and carers

Did you know?  
Nearly a quarter of  
4-5 year olds in England  
have tooth decay?

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.

### What is the My Smile supervised toothbrushing programme?

My Smile is an NHS funded scheme to reduce tooth decay for children living in Cambridgeshire and Peterborough.

The NHS oral health team provide full support and training to staff who are running the programme at your child's school.

This training includes:

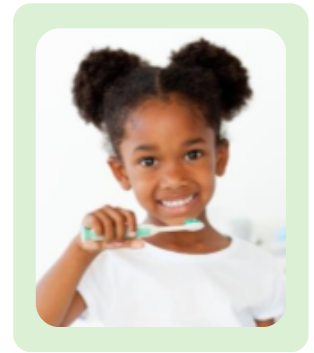
- supervised toothbrushing
- oral health information
- cross infection control

The programme will be regularly monitored.  
The NHS provide the school with toothbrush storage racks,  
toothpaste and toothbrushes.

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

**Teachers say** “the children look forward to brushing their  
teeth” in the school day.

**Parents say** “their children are more willing to brush teeth  
at home”.



### How will this help my child?

- learning good toothbrushing skills
- toothbrushing with fluoride toothpaste strengthens teeth
- more willing to toothbrush at home
- reducing the impacts of sugar on the teeth
- learning about tooth friendly food and drinks
- building good healthy habits
- information to help find an NHS dentist or emergency dental care.

**This must not replace toothbrushing twice a day at home!**  
Adults need to support children at home with their  
toothbrushing until they are at least 7 years old.

