

# Your Smile Matters

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Looking after your teeth is a key part of your overall health and how you feel day to day

2



Looking after your teeth now, means you're less likely to deal with tooth decay, gum problems, or dental treatments in the future

3



Strong teeth help you chew properly, so your body gets the nutrients it needs to grow and stay healthy

4

Your teeth are also important for :

- speaking clearly
- providing confidence when you smile or talk



This is important for everyday life

5

Brush your teeth twice a day with a fluoride toothpaste — it's one of the simplest ways to keep your teeth and gums healthy



6



Keep up with dental check-ups. They help catch any problems early and keep your teeth on track. Your dentist will advise how often you need to visit

7

Aim to choose water or milk most of the time as it's best for your teeth.

Drinks like fizzy drinks, smoothies and fruit juice can harm your teeth, so it's best to only have them occasionally



8



Foods that are high in sugar can increase your risk of tooth decay. Limit foods that are high in sugar such as cakes, pastries, and chocolate

9

Choose tooth-friendly snacks, such as:

- Whole fruits and vegetables
- Crackers and pitta bread
- Plain yoghurt with fresh fruit



# Tooth Brushing Guidance

It's important to get into the habit of brushing your teeth twice a day:

- once before bed
- at least one other time during the day



It's important to spend two minutes when you are brushing your teeth.

Try to spend 30 seconds in each section of your mouth:

- upper right and upper left
- lower right and lower left

This will help to remove the plaque



## Advice for 3-6 years

- Try to brush your own teeth. You can always get a little bit of help from an adult or older sibling to ensure all your teeth are brushed properly
- Use a family fluoride toothpaste that contains 1,000ppm to 1,500ppm of fluoride
- Use only a pea-sized amount of toothpaste to brush the teeth
- Always spit out the toothpaste after brushing and avoid rinsing with water or mouthwash

## Advice for 7 and over

- Even when your routine gets busy, it's important to stay consistent with your oral health routine
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride
- Always spit out the toothpaste after brushing and avoid rinsing with water or mouthwash

## Other Top Tips

- When brushing, try to hold your toothbrush at an angle towards the gumline. This helps to remove plaque that collects when the teeth and gums meet
- It doesn't matter whether you use an electric or manual toothbrush. They're both equally good, as long as you use a fluoride toothpaste
- Change your toothbrush every three months where possible

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