



HEALTH &  
WELLBEING  
SLOUGH

Slough Healthy Smiles



# Top tips for terrific teeth

## Top tips

- ✓ Brush teeth twice a day for two minutes using the right fluoride toothpaste.
- ✓ Brush last thing at night just before bed and at one other time of the day.
- ✓ Brush all surfaces of your teeth.
- ✓ Spit out the toothpaste and avoid rinsing with water so that some fluoride from the paste is left on your teeth and will make them stronger.
- ✓ Cut down on how often you have sugary foods and drinks.
- ✓ Choose snacks and drinks which are kinder to teeth such as:
  - cheese
  - crackers or breadsticks
  - fresh fruit and vegetables
  - water
  - milk
- ✓ If you have any concerns about your teeth see your dentist.
- ✓ Visit the dentist regularly. Every six months or as often as recommended. To find your local dentist call **0300 311 22 33** or visit [www.nhs.uk](http://www.nhs.uk)
- ✗ Do not put a child to bed with milk or juice as this can lead to serious tooth decay. Choose water.



## Choosing the right toothbrush

Use a toothbrush with medium bristles and a small head.  
Get a new toothbrush every three months.

## Using the right amount of toothpaste

Children aged 0 to 3 should use a smear of toothpaste



Children aged 3 to 6 should use a pea sized amount



Adults should also use a pea sized amount of toothpaste

## How much fluoride?

- **Children aged 0 to 3** should use toothpaste containing no less than 1000ppm of fluoride.
- **Children aged 3 to 6** should use toothpaste containing more than 1000ppm of fluoride.
- **Children aged 6** and over and **adults** should use family fluoride paste containing 1350-1500ppm of fluoride.

## Tips for encouraging children to brush

- ◇ Children need help with brushing until they are at least seven years old.
- ◇ Get a fun toothbrush that your child looks forward to using.
- ◇ Try a reward system such as a toothbrushing chart.
- ◇ Be a good role model—show your child that you brush your teeth.
- ◇ Use an app, sing or play music to make the two minutes fly by.

## Mouthwash

Use mouthwash at a different time of day to brushing, unless advised otherwise by your dentist.

## Oral health improvement

Please contact us if you would like the information in another language or different format.

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
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**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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For more information or to download leaflets please go to the website above.