

Oral Health Promotion – Bitesize Newsletter

Hillingdon

Edition: 12



HEALTHY SNACK IDEAS

To reduce the risk of tooth decay, choose a snack that doesn't contain sugar.....

- Fresh whole fruits & vegetables
- Breadsticks
- Plain rice cakes
- Cheese
- Crackers
- Cheese & Crackers
- Plain popcorn

FIZZ FREE FEBRUARY

Looking after your teeth is very important. Avoid fizzy drinks as these will lead to tooth decay! Follow Aggie's tips to keep your teeth healthy!

- Brush twice a day; last thing at night is the most important
- Use a smear of tooth paste containing fluoride for under 3 years and a pea size of tooth paste for over 3 years
- Spit your tooth paste out, but do not rinse
- Swap your FIZZY drinks to WATER

Useful Links:

Dr Ranj's tooth brushing videos:

0-3 <https://youtu.be/owbp5F0K45c>

3-6 <https://youtu.be/lQE4xxk1r5g>

7+ <https://youtu.be/GHS27DHyl0>

Oral health foundation <https://www.dentalhealth.org/>

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