

# Oral Health Promotion – Bitesize Newsletter

Hillingdon

Edition: 14



Aggie says 'reduce sugar in your daily diet and keep it to mealtimes only and if you get hungry or thirsty in between meals, why not try one of these.

- Fruit
- Vegetables
- Cheese & crackers
- Breadsticks
- Plain rice cakes
- Plain popcorn
- Water or milk

Aggie says 'to keep your teeth healthy follow my tips':

- Brush twice a day; last thing at night is the most important
- Use a smear of tooth paste containing fluoride for under 3 years
- Use a pea size of tooth paste containing fluoride for over 3 years
- Spit your tooth paste out, but do not rinse
- Visit your Dentist for regular check-ups

## National Smile Month Competition Update:

**Thank you to everyone who entered our National Smile Month Competition. Winners will be notified by email with prize giving ceremonies in September. The winning entries will be on our oral health website.**

**Visit our NEW Oral Health website for tips on keeping your families' teeth healthy:**

[www.whittington.nhs.uk/oralhealth](http://www.whittington.nhs.uk/oralhealth)

**Hillingdon Oral Health Promotion Team: Sally McGregor – Oral Health Promoter - Sallymcgregor1@nhs.net**