

# IT'S NATIONAL SMILE MONTH!

17th of May-17th of June



## How to clean your child's teeth

Brushing your child's teeth twice a day for about 2 minutes with fluoride toothpaste is the best thing you can do to keep your child's teeth and mouth healthy. This is because brushing removes plaque. If plaque isn't removed, it continues to build up and could lead to a number of oral diseases such as tooth decay and gum disease. Over time, this can lead to tooth loss.

## When should I brush my child's teeth?

It is best to brush your child's teeth last thing at night, before they go to bed. You should also brush them at one other point during the day. You should brush your child's teeth for two minutes. That's all it takes to brush your child's teeth effectively.



Sally-Oral health promoter Hillingdon

**Between the 17th of May and the 17th of June 2021, the oral health foundation will be raising awareness of important oral health issues and ready to put a smile on everyone's face!**

**We want you to join us and make a positive difference to the oral health of millions of people.**

**National smile month is the longest running campaign to promote oral health.**

**Help maintain a healthy mouth in 3 easy steps:**

- 1. Brush your teeth last thing at night and on one other occasion with fluoride toothpaste.**
- 2. Cut down on how often you have sugary food and drink.**
- 3. Visit your dentist regularly, as often as they recommend.**



### Should I brush my child's teeth after they have eaten?

It is important that you brush your child's last thing at night and at least one other time during the day, with a toothpaste containing fluoride. Eating and drinking foods containing sugar and acids naturally weakens the enamel on your teeth. Brushing straight afterwards can cause tiny particles of enamel to be brushed away. It is best not to brush your child's teeth until at least one hour after eating.

### Don't rinse your child's with water straight after brushing.

Remember to spit out after brushing and do not rinse your mouth with water. This helps the fluoride stay on your teeth longer.

### Which toothpaste should I use?

A pea-sized blob of fluoride toothpaste should be used when brushing your teeth. Everybody older than three-years should use a toothpaste with more than 1000ppm of fluoride. For under 3's use a smear of toothpaste with no less than 1000ppm of fluoride.



**Brush your teeth twice a day using a Fluoride toothpaste. Then when you have finished spit your toothpaste out, but do not rinse!**

புளோரைடு பற்பசையைப் பயன்படுத்தி ஒரு நாளைக்கு இரண்டு முறை பல் துலக்கவும். பின்னர் நீங்கள் உங்கள் பல்பசையை வெளியே துட்பி முடிந்ததும் மறுபடி அலச வேண்டாம்!

दलेराबड टूथपेस्टो उपयोग करीने दिवसमां मे वमत तमारा दंत सांठ करो. पछी ज्यारे तमे समास करो त्यारे तमारा दंतनी पेस्टने छुंडी नांयो, परंतु, डोगला न करो!

दलेराबड टूथपेस्ट दी बरतें बरदे वेहे दिन विंच दे वाली आपणे दंदा छुंते ब्रुस बरो। देर जेदे दुस्रीं आपणे टूथ पेस्ट नुं बुं बराली पूरा साचर केंद दिंदे वे, तं बरली ना बरो!

اپنے دانتوں کو دن میں دو بار فلورائیڈ ٹوٹھ پیسٹ سے برش کریں۔ جب برش مکمل کرلیں تو ٹوٹھ پیسٹ کو تھوک دیں، مگر کلی نہ کریں۔

Caday ama rumeysa ilkahaaga laba jeer maalintii adigoo isticmaalaya daawada cadayga ilkaha ee Fluoride leh. Kadib markaad dhamaysatid waa tufi kartaa daawada ilkaha ee laakiin ha biyo raacsiin!

Czyść zęby dwa razy dziennie używając pasty z fluorem. Następnie, kiedy skończysz, wypłuj ale nie płucz!

**Visit the Oral Health Foundation website for more information ;**

