Smile 4 Life

The best way to help keep your teeth and mouth healthy is:

ENCOURAGE HEALTHY EATING AND DRINKING

- Keep all foods and drinks containing sugar to mealtimes
- Snack on fruit and/or vegetables between meals
- Drink only milk and water between meals. Keep other drinks to mealtimes

ENCOURAGE REGULAR TOOTHBRUSHING

- Brush twice a day including last thing at night
- Use a smear (under 3 years) or a pea-sized (over 3 years) amount of family fluoride toothpaste
- Supervise brushing until at least 7 years of age
- Spit don't rinse after brushing

ENCOURAGE THE PROMOTION OF A HEALTHIER LIFESTYLE

- Do not smoke or use any form of tobacco
- Keep alcohol consumption to recommended levels

VISIT A DENTIST REGULARLY

- Children should visit a dentist from birth
- Children should be seen regularly at intervals of between 3 and 12 months
- Ask your dentist about fluoride varnish
- Young people and adults should be seen at regular intervals as determined by their dentist
- For help in accessing an NHS dentist for routine or emergency care call your local PCT dental number