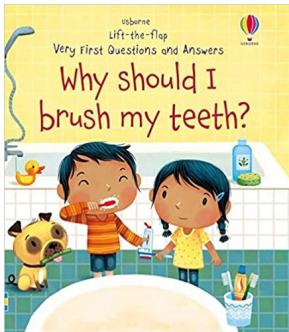


By supporting your child's setting with the My Smile programme you are supporting your child to develop excellent habits, life time skills and helping to reduce their risk of tooth decay.

Brush twice a day for at least 2 minutes
It's most important to brush last thing at night and at one other time in the day.

Children do not need to brush at the sink, they can sit wherever they are most comfortable.



Brush DJ is a free app.

There are many apps, YouTube, animations or stories you can use to make it fun.

Shopping tip.....

When buying tooth paste for the family you can use Supermarket brands which are often cheaper but ensure they contain at least **1350 parts per million (ppm) of Fluoride**.

Choose a mild minty flavour to get children used to the taste.



Use the small headed medium bristle tooth brush and toothpaste we have provided.

Apply a **pea size amount of tooth paste** and encourage your child not to swallow the foam but to **spit out and not rinse with water**.



Let your child brush first under adult supervision then the adult brushes to clean any areas missed.

Brush all the teeth and all the surfaces.

Teach the child to brush their teeth using simple words like inside, outside, bity bits and to brush the pink gums too.

Don't forget to tick off your tooth brush chart and when complete return to school for a classroom display.