

# Happy Smiles

## Top tips for Tooth Brushing

- ☺ Brushing is more effective with a small headed toothbrush with medium-texture bristles.
- ☺ Children need to be helped or supervised by an adult when brushing until 7 years of age and must not be permitted to eat or lick toothpaste from the tube.
- ☺ Clean teeth last thing at night before bed and at least one other time each day
- ☺ Brush teeth with fluoride toothpaste (use 1000ppm fluoride toothpaste for under 3 years of age and 1450ppm for over 3 years of age)
- ☺ For under 3 years of age a smear of toothpaste is all that is needed and for over 3 years of age use a small pea-sized blob of toothpaste.
- ☺ After brushing, get your child to spit out excess toothpaste rather than rinsing to get most benefit from the fluoride.
- ☺ Toothbrushes should be changed every 3 months or when the bristles become worn.



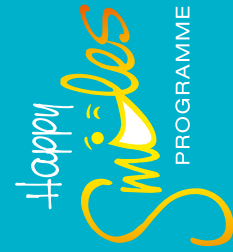
Smear for under 3 years of age



Pea-sized blob for over 3 years of age

FRONT

Integrated Care  
Health and Social Care Board  
Gransha Park House  
15 Gransha Park  
Derry/Londonderry  
BT47 6FN



Published 2016 • Review 2019

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
☺							
☾							
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
☺							
☾							
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
☺							
☾							

Put this chart up in the bathroom to remind you to brush every day.

Tick the boxes below when you brush your teeth in the morning and evening.

BACK

# Happy Smiles Healthy Eating

## Healthy Eating for Healthy Teeth

- Sugary foods and drinks, taken frequently throughout the day, have been shown to cause tooth decay.
- Sugary foods, if given, e.g. sweets, biscuits, chocolate, fruit yoghurt or fromage frais should be taken at meal times only.
- The only drinks safe for teeth are milk and water.
- Sugary drinks, if given, e.g. pure fruit juice (diluted with water), diluting juice, milkshakes or yoghurt drinks should be taken at mealtimes only.
- Children should avoid fizzy drinks as they contain acid. Sugar and acid are both very damaging to teeth.



FRONT

## Here are some examples of suitable snacks and drinks

- ☺ **Fresh fruit**  
This could include: Apples, Oranges, Bananas, Kiwi Fruit, Pears, Grapes
- *Dried fruit is not recommended as a between meals snack as it contains concentrated sugar and may cause tooth decay.*
- ☺ **Raw Vegetables** – these could be sliced or chopped  
This could include: Carrot, Cucumber, Sweet peppers, Celery, Tomato
- ☺ **Bread** – White or brown – toasted or make into sandwiches and fill with ham, cheese, egg or salad etc., Soft grain wheaten or granary, Soda bread, Plain scones, rice cakes or breadsticks. These should not be covered in sugary spreads such as jam, honey, syrup or chocolate spread.
- ☺ **Breakfast cereal** – unsweetened and low in sugar eg: Weetabix, Ready brek, Puffed wheat, Cornflakes or Rice Crispies.
- ☺ **Drinks**  
Milk or Water

**Integrated Care**  
Health and Social Care Board  
Gransha Park House  
15 Gransha Park  
Derry/Londonderry  
BT47 6FN

Happy Smiles  
PROGRAMME

Published 2016 • Review 2019

BACK