

Parents/Guardians
and
Children



Let's Talk Teeth

Brush 2-3 minutes...
the length of a song

- ☺ Brush twice a day, always at bedtime and one other time during the day.
- ☺ Use a pea-sized amount of toothpaste (at least 1,000ppm fluoride).
- ☺ Use a soft/medium toothbrush.
- ☺ Brush for 2-3 minutes.
- ☺ After brushing, **SPIT** out extra toothpaste, **DON' T RINSE**.
- ☺ Change your toothbrush when the bristles are worn or every season.
- ☺ Sugar is the main cause of dental decay so always read labels for hidden sugars in foods
e.g. *glucose, fructose, lactose* etc.
- ☺ The frequency of sugar causes damage to teeth – Keep sugar to mealtimes only.
- ☺ Healthy snack options include fresh fruit, plain popcorn, plain yoghurts, raw vegetables such as carrots and celery, cheese, scones, pitta bread, crackers and sandwiches.
- ☺ Unflavoured milk and water are the only drinks that are safe for your teeth.
- ☺ Visit your family Dentist regularly or as recommended by your Dentist.

Parents and Guardians check out www.dentalhealth.ie for further information.

After brushing your teeth...



spit out the toothpaste,
but don't rinse

Useful Websites

Safe food

www.safefood.eu

Dental Health Foundation

www.dentalhealth.ie

Healthy Ireland

www.healthyreland.ie

HSE

<http://www.hse.ie/eng/services/Publications/corporate/hieng.pdf>