

Lucky the Lion



Shows you how to look after your teeth

What are your teeth made from?

Your teeth are covered in **dental enamel** the hardest thing in your whole body.

What do your teeth do?

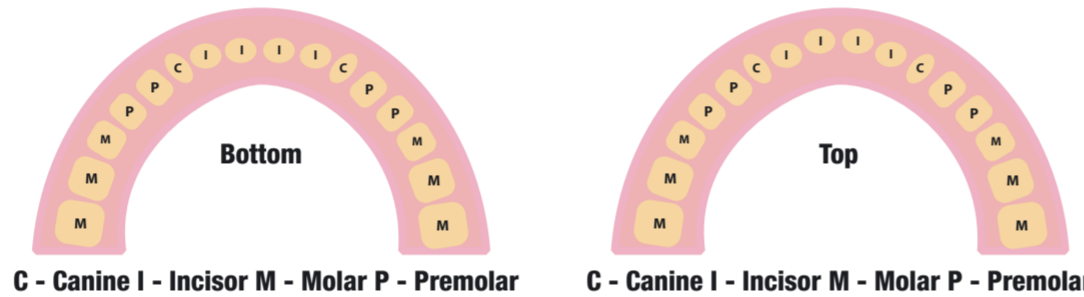
Your teeth have different jobs, they help to:

- Cut up and chew your food
- Talk and make different noises
- Give your face its shape
- Give you a nice smile

The different types of teeth you have:

Incisors: the teeth at the front of your mouth are the sharpest and help to cut food
Canines: are the pointed teeth either side of your incisors and hold and tear food.
Pre-Molars: these sit behind your canine teeth and chew and crush your food.
Molars: are the very back teeth and are big double teeth that chew and grind your food ready for swallowing.

Once you've lost your baby teeth this is how your teeth will look:



Plaque

Plaque is a sticky coating of germs, the germs will harm your teeth.

Tooth Decay

This is caused by acid from the plaque on your teeth which will make a hole in the enamel of your tooth and may make your tooth ache.

Gum Disease

Gum disease is caused by plaque building up on your teeth and can make the gums, swell, bleed and feel sore.

Bad Breath

This can be caused by eating strong foods but also by the build up of plaque on your teeth.

Ensuring you brush your teeth twice every day to remove the plaque will reduce your chances of getting any of these problems.

Parents/Guardians...

Going to the dentist:

It is important to look after your child's teeth and they should see the dentist regularly - at least every six months.

You can contact NHS direct to get information on your local NHS dentist service. Dental treatment for children is free.

www.nhsdirect.nhs.uk
 NHS direct 0845 4647

Key Facts

- Use fluoride toothpaste of 1350-1500ppm for children over 3 years old. (Check the back of the toothpaste tube)
- Keep sugary drinks to mealtimes only (including fruit juice)
- Children should be supervised by an adult when they brush their teeth.
- Only water should be given after bedtime brushing and through the night.
- Use open cups and not bottles or training cups for older children.
- Choose sugar free snacks in between meals.
- Toothbrushes should be changed with the season – or sooner if they are worn out.
- Ask the doctor to prescribe sugar free medicines when needed.
- Brush teeth twice a day, once before bed and one other time during the day. (preferably morning)



I will try to...

tick the boxes

Brush my teeth twice a day

Choose water or milk instead of sugary drinks

Visit the dentist regularly

Discuss my toothcare with my parent/guardian

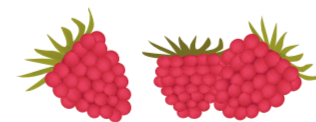
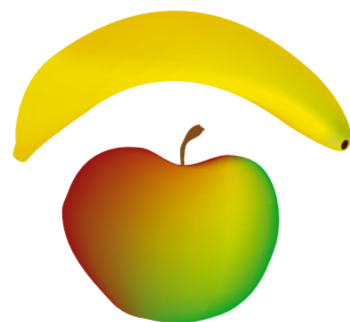
Eat my fresh fruit

Use my planner to record my tooth brushing

Use my tooth timer each time I brush my teeth



Kind to your teeth



Unkind to your teeth



FOR A HEALTHY SMILE...

- Use a pea sized amount of paste
- Brush along the gum line: forward and backward
- Brush twice a day
- Brush for 2 minutes each time
- Get help with brushing
- Remember to brush your gums as well
- Spit out the toothpaste but don't rinse your mouth



Place the toothbrush at a 45 degree angle to the gums



Move the brush back and forth gently in short strokes
 Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth



To clean the inside surface of the front teeth, tilt the brush vertically and make several up and down strokes



Brush your tongue to remove bacteria and keep your breath fresh

How much sugar?!

Many foods contain hidden sugars that can damage teeth. Foods high in sugar are best eaten at meal times when the damage to teeth is less.

If you do give children sugary snacks in between meals, be tooth kind and try to get them to eat them in one go and not spread it out over a long time. It may not be too difficult

