Dear Parent & carer, 29.09.20

Your child will be brushing their teeth with fluoride toothpaste, each day at nursery, to support our weekly theme of Healthy living. We will be gifting each child their toothbrush and issuing them with a certificate, for taking part and passing on some tips and resources to help at home.

**Top tips for brushing with your child**

* Brush teeth and gums thoroughly last thing at night and at least one other time during the day, with a fluoride toothpaste
* Children under 3 years should have no more than a smear of toothpaste with no less than 1000ppm of fluoride content
* Children over 3 years of age should use no more than a pea-sized amount of toothpaste with at least 1000ppm of fluoride content
* Put toothpaste onto a dry brush, for 2 minutes brush both top and bottom teeth, outside and inside, back and front and biting surfaces.
* Your child should spit out excess toothpaste, do not rinse after brushing
* Children need help with brushing until they are at least 7 years old

**Other tips to care for teeth**

* Sugary foods and drinks can damage teeth, keep these to a minimum and try to have at mealtimes only
* Between meals, drink water or milk and try not to snack on sugary foods
* Dental check-ups are important, and everyone should have regular dental visits. To find a dentist **visit www.nhs.uk**

**Important note**

If your child is receiving treatment from your dentist which includes special fluoride drops/ tablets or toothpaste then please advise nursery staff so that the correct toothpaste is used in nursery/school/group

Kim Windebank – Manager