









# Brushing twice is nice



## Toothbrushing chart

Get into the toothbrushing habit

	Week 1	Week 2	Week 3	Week 4				
								
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

✓ Tick each box when you have brushed your teeth.

Brush your teeth twice a day, once before bed and once at any other time.

Download the Change4Life Food Scanner App to find out what's in your food and drink.

Search 'Change4Life' to find out more.



start  
4 life



# Top tips for teeth

Your kids need help brushing their teeth until they are at least seven years old.



## Spit, don't rinse

When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for some children under at risk of tooth decay too.

## Twice is nice!

Teeth should be brushed twice a day, once before bed and once at any other time that suits your family routine.

## Make fluoride your friend

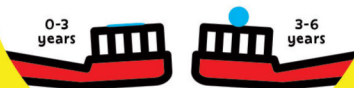
The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging.

Toothpaste that contains 1350 to 1500ppm fluoride gives your child the best protection.



*Little mouths need less toothpaste*

For kids under three you should use just a smear. For three to six year olds, a pea-sized amount is perfect.



## Ask your dentist for more top tips

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