



Oral Health Promotion Week



Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.

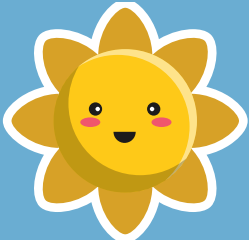

Support your child to brush their teeth before going to bed and on one other occasion during the day.

Tick it off on the chart.

Once you have filled the chart please bring it back to nursery for a certificate.



Spit out, don't rinse the fluoride toothpaste away!

	Day 1 I brushed my teeth during the day	Day 2 I brushed my teeth during the day	Day 3 I brushed my teeth during the day	Day 4 I brushed my teeth during the day	Day 5 I brushed my teeth during the day
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 1 I brushed my teeth before going to bed	Day 2 I brushed my teeth before going to bed	Day 3 I brushed my teeth before going to bed	Day 4 I brushed my teeth before going to bed	Day 5 I brushed my teeth before going to bed
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Warwickshire's five key oral health messages



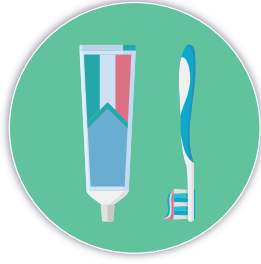
1. Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



2. Choose milk and water to drink - they're kinder to teeth.



3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.



4. Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.



5. Spit out, don't rinse the fluoride toothpaste away!