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Working in Partnership with Cudworth and Monk Bretton Ward Alliances

Hello

The local Ward Alliance has funded Ad Astra to come into your childrens school and work with Foundation and KS1 children to talk about Teeth and Oral Hygiene.

We are doing this by using a creative programme that talks to your children about how and when they clean their teeth. We will show the children the recommended method used by Colgate to clean their teeth.

Each child will be given a toothbrush to take home and as most children love to colour and be creative we are running a competition with them to design a Teeth and Oral Hygiene Poster – the best entry prize will receive a Gift Set.

These are Colgate's Top Tips for good Oral Health for Children.

- Brush twice each day with recommended fluoride toothpaste, which will remove plaque (the sticky film on teeth), as this is the main cause of tooth decay.
- Floss daily to remove plaque from between your teeth and under the gum line, this can quickly harden into tartar. If tartar has formed, it can only be removed by your dentist.
- Eat a well-balanced diet that limits starchy or sugary foods, which produce plaque acids that cause tooth decay. When you do eat these foods, try to eat them with your meal instead of as a snack-the extra saliva produced during a meal helps rinse food from the mouth.

Brushing Techniques

- Use a pea-sized dab of toothpaste.
- Take care that your child does not swallow the toothpaste.
- Using a soft-bristled toothbrush, brush the inside surface of each tooth first, where plaque may accumulate most. Brush gently back and forth.
- Clean the outer surfaces of each tooth. Angle the brush along the outer gum line. Gently brush back and forth.
- Brush the chewing surface of each tooth. Gently brush back and forth.
- Use the tip of the brush to clean behind each front tooth, both top and bottom
- Don't forget it's always fun to brush the tongue!

Teaching your child good oral care at a young age is an investment in his or her health, and anything that makes taking care of teeth fun, like brushing along with your child or letting them choose their own toothbrush, encourages proper oral care.

For more information see your dentist or check out the fabulous websites for Childrens Oral Health.

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