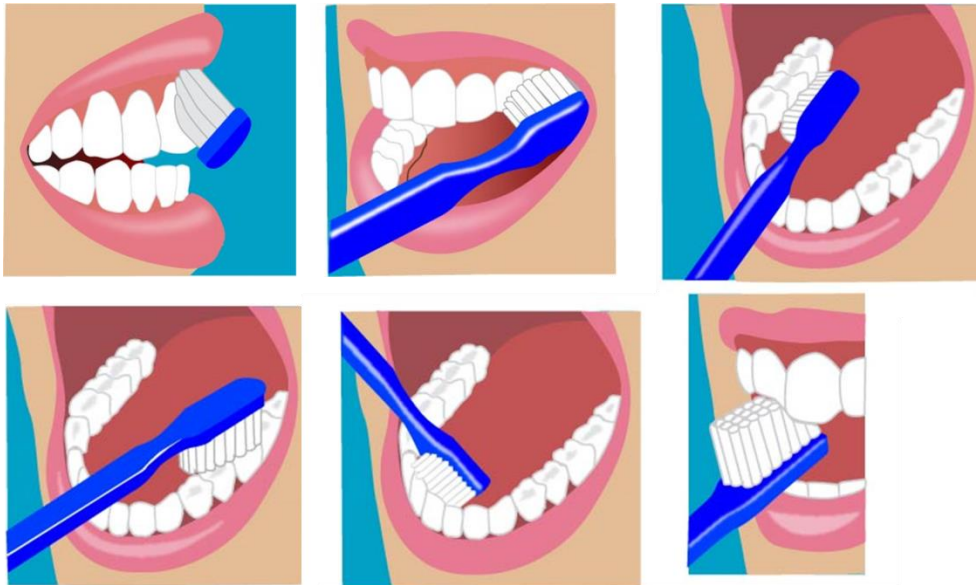


Generic Newsletter September 2018

Looking After our Teeth

A new School year has begun and we would like to continue to share with you ways we can look after our teeth and keep our mouth healthy.

Did you know it takes at least 2 minutes to brush all of the surfaces of all of the teeth properly?



Start by putting the toothbrush on the gum and tooth (see first picture), cleaning the inside, outside and biting surface of every tooth a few times before moving onto the next tooth.

Check out this short video that explain how to clean your teeth and the teeth of others: <https://www.youtube.com/watch?v=ibwMhDQJInY&feature=youtu.be>

It is also important to visit the dentist regularly, to find an NHS dentist near you accepting NHS patients call NHS 111. Alternatively, if your young person does not have a dentist you can speak to your school nurse who might be able to refer them to the Warwickshire Special Care Dental Service.

By Claire Ford, Oral Health Promoter for Warwickshire Special Care Dental Service