BrightBites

Healthy teeth for life



BrightBites

Dentaid
The Dental Charity

Registered Charity N° 1075826

Denplan
Part of Simplyhealth

All about our teeth

We have 20 primary teeth that we need to protect and brush well.

We need our teeth to eat, talk, sing and smile!

CHEWING MOLARS
with deep pits and grooves



POINTED CANINES
to grip and tear



BITING INCISORS
for cutting food



Brushing our teeth



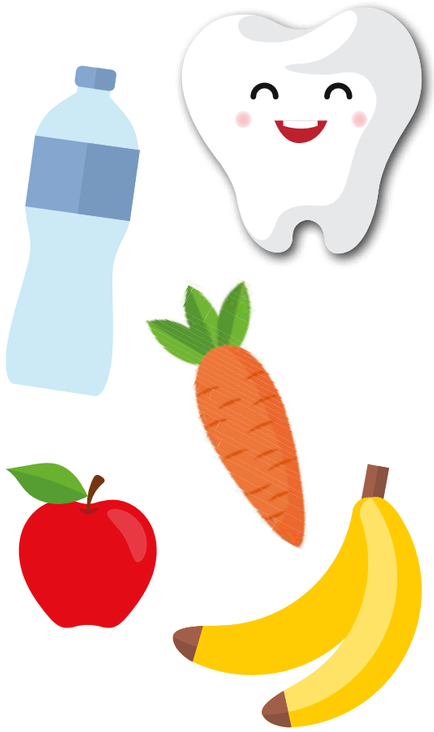
- Brush morning and night
- Use a pea-size amount of fluoride toothpaste
- Brush thoroughly in small circles overlapping the gums
- Spit the toothpaste - don't rinse it away with water





Choose a healthy diet

Eat fruit and vegetables to keep our teeth strong.



Sweets, fizzy drinks and sugary snacks can cause cavities.



Visit the dentist

Dentists check our teeth to see that they are strong.

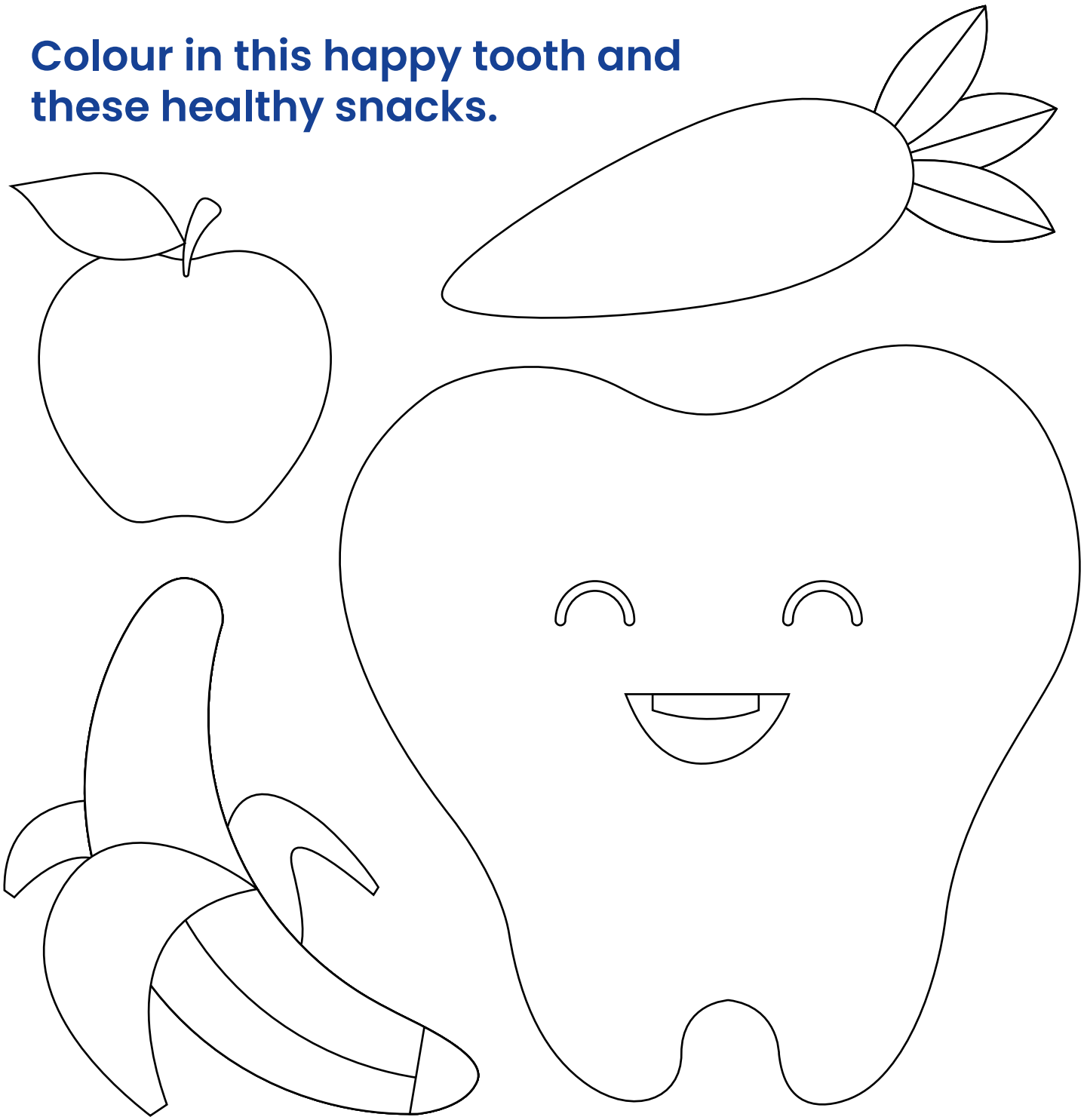
They use a small mouth mirror to count our teeth.





www.dentaid.org/bright-bites

Colour in this happy tooth and these healthy snacks.



Advice for parents

Tooth decay is preventable with a healthy diet and daily toothbrushing with fluoride paste. Children need their teeth for growth, speech, wellbeing and self-confidence.

0-3 years Start brushing your children's teeth as soon as they erupt. Use a smear of toothpaste - at least 1000 ppm fluoride. Brush twice daily.

3-6 years Supervise your children's brushing. Use a pea-size amount of toothpaste - at least 1000 ppm fluoride. Brush twice daily. Encourage to spit - don't rinse toothpaste away with water.

(Anne M Powders – Dentaid Oral Health Advisor)

- Choose a healthy diet of fruit and vegetables
- Minimise consumption and frequency of sugar-containing foods and drinks
- Encourage water and milk as healthy alternatives
- Children should visit the dentist regularly for check-ups

(Delivering Better Health Care Gov.UK 2021)