



Looking after your teeth

	<p>Drinks and snacks</p> <p>During the day water and milk are the best drinks for your teeth.</p> <p>At night only drink water.</p>
	<p>Its best to drink tea and coffee without sugar.</p>
	<p>You could try sweeteners instead of sugar.</p>
	<p>Children under 5 years should not drink tea and coffee.</p>

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Drinks which have sugar or acids in them will harm your teeth.



If you drink sugary drinks or eat sugary foods have these at meals.



Drink water after you eat as this will help to clean your mouth.







Reduce how many sugary foods you eat, like biscuits, cakes and sweets.




Check food labels. Choose foods with green labels where the sugars per 100g are below 5g.

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	<p>Tooth brushing</p> <p>Brush all parts of your teeth.</p>
	<p>Also brush your gums gently.</p>
	<p>Brush your teeth for at least 2 minutes.</p>
	<p>You could use the app Brush DJ.</p>
	<p>Brush your teeth at least twice a day in the morning after breakfast, and at night before going to bed.</p>

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	<p>Brushing before going to bed at night time is very important.</p>
	<p>Children need help to clean their teeth at least until they are 9 years old. This may be older for some children.</p>
 <p>Ingredients: Aqua, Hydrated Silica, Sorbitol, Glycerin, Sodium Lauryl Sulfate, Xanthan Gum, Aroma, Titanium Dioxide, PEG-6/PEG-8, Sodium Fluoride, Sodium Saccharin, Carrageenan, Limonene, CI 73360, CI 74160. Contains: Sodium Fluoride 0.315% w/w (1450 ppm fluoride)</p>	<p>Toothpaste and fluoride</p> <p>Some toothpaste has fluoride in it. This helps to keep teeth strong.</p>
	<p>Fluoride only works while it is touching your teeth. The longer it stays on the better.</p>
	<p>After brushing spit out the toothpaste.</p>
	<p>Do not rinse your teeth with water or a mouth wash.</p>

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	<p>If you want to use a mouth wash use a fluoride one. Use at different times to teeth brushing.</p>
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	<p>The amount of toothpaste to use:</p> <ul style="list-style-type: none"> • Under 3 years old should use a smear of 1450 ppm. • Over 3 years old should use a pea sized amount 1450 ppm.

Easy read made by the CHAMPs Team,

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