

The **BIG** Brush

**Let's get Oldham's
children brushing
this November**

Every child should brush their teeth at least twice a day, especially at bedtime and at one other time during the day.

Visit your local Right Start Children's Centre to buy toothbrushes and toothpaste. Three products for just £1.50*

*One item must be fluoride toothpaste

For tips on how to brush your child's teeth, just visit:
www.oldham.gov.uk/bigbrush



Oldham
Council

Be part of Oldham's **Big Brush**

Brush together, smile forever.

Follow the tips below for a healthier, happier smile:

- Remember to brush your child's teeth twice a day especially at bedtime and at one other time in the day - bedtime brushing is best as it allows the fluoride in the toothpaste to work whilst they are asleep.
- Use a family toothpaste that has the right amount of fluoride – ones containing 1350–1500 ppmF are the most effective at helping to prevent tooth decay.
- Use a smear of family toothpaste for children under three years and from three years old use a small, pea size amount.
- Spit out after brushing and do not rinse the mouth out with water, as this will wash away the fluoride toothpaste that strengthens the tooth surface.

Please remember that children need help to brush their teeth until at least seven years old.

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#OldhamBigBrush