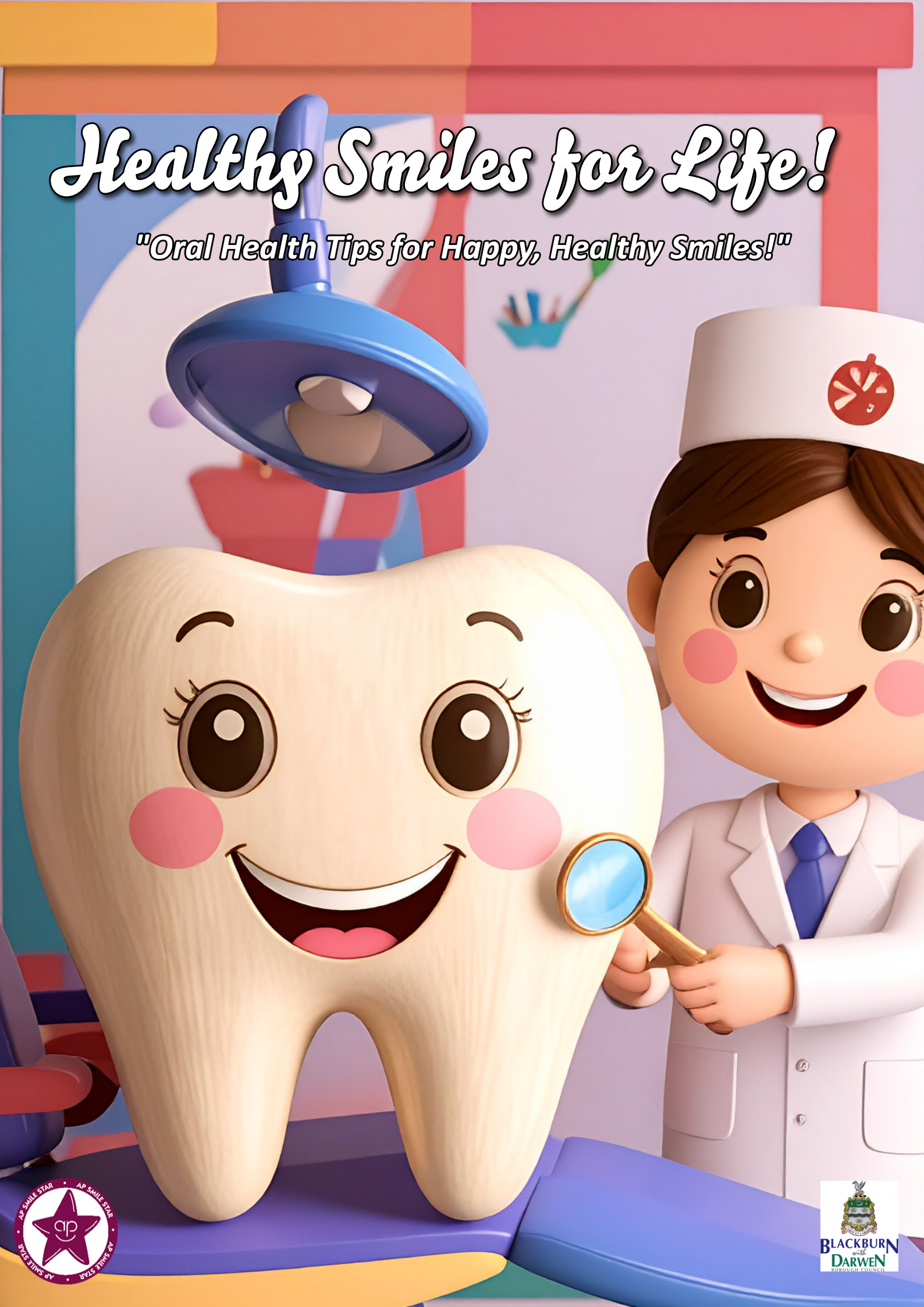


Healthy Smiles for Life!

"Oral Health Tips for Happy, Healthy Smiles!"





Hello Little Smilers!

Do you know where your teeth go to stay happy and healthy?

That's right — the dentist!

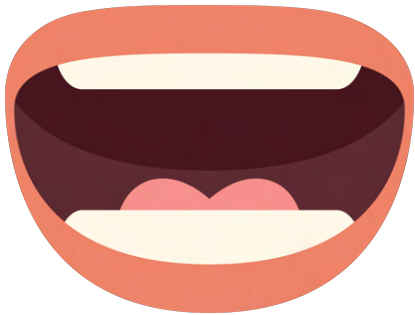
The dentist is a friendly helper who checks your teeth, counts them, and helps keep your smile shiny and strong. It's a bit like going on a little adventure!

This booklet will tell you what happens at the dentist, how to look after your teeth, and how to be a brave tooth-brusher every day!

Let's get your smile ready for the dentist chair!



1. When Should You Visit a Dentist?



Children should see a dentist:

As soon as their first tooth comes through – usually around 6 months

And at least once every 6 months

Dentists check:

**Teeth and gum health
Any signs of tooth decay
That brushing is working**



2. Is it free?

YES!

All NHS dental care is free for children under 18

Regular check-ups help avoid painful problems later



3. What Happens at the Dentist?

Visiting the dentist doesn't have to be scary – especially when you know what to expect. Dentists are friendly experts who help keep your child's teeth healthy, clean, and pain-free. Here's what usually happens during a visit:



A Big Hello!

The dentist or dental nurse will say hello and ask your child's name. They'll try to make your little one feel calm and welcome – like visiting a friend.

The Dentist Room

The nurse will take you to the dentist room. This is a special place where the dentist gently checks your teeth to make sure they are healthy and happy



6. What Will You See in the Dentist's Room?

Going to the dentist can feel like a little adventure! Let's take a peek at what you might spot when you walk into the room



The Big Chair

It goes up and down like a gentle ride! You can sit in it like a grown-up – or sit on your grown-up's lap.

The Bright Light

It's a special lamp that helps the dentist see inside your mouth. It's not hot or scary – just very bright, like the sun wearing sunglasses!



The Tiny Mirror

The dentist uses this little round mirror on a stick to look at the back of your teeth. It doesn't hurt at all!



Toothbrushes and Toothpaste

You might see all kinds of colourful brushes and tiny tubes of toothpaste that help clean teeth and keep them strong.



The Spinning Stool

The dentist sits on a special chair that spins and rolls – like a fun office seat on wheels.

Dental Sink

After the dentist has looked at your teeth, they might ask you to swish some water around your mouth. You can use the sink to spit water out



What Will the Dentist Do?

The dentist will count your teeth

They count carefully, just like a game – 1, 2, 3!



The dentist will look with a tiny mirror

The mirror helps the dentist see your back teeth. It feels tickly, not scary.

The dentist will gently check your teeth

The dentist is very gentle and goes slowly to keep you comfy.





The dentist may clean your teeth

Your teeth get a little wash to keep them happy and healthy.

The dentist will show you how to brush

They show you how to brush your teeth at home – up, down, round and round.



The dentist will tell you how to keep teeth strong

They help you learn how to look after your teeth every day.



Remember to book another appointment

DENTAL APPOINTMENTS

REF:

Date	Time	Length	With	Service

Please give at least 24 hours notice of cancellation
Otherwise a fee may be charged.

9. Key Oral Health Messages



1. Brush Twice a Day – Morning & Night!

Brush your teeth twice a day - before bed and one other time. Brush for two minutes.

2. Use Toothpaste containing Fluoride

Pick a family toothpaste with fluoride – check the label!

Fluoride helps to protect your child's teeth from holes.



3. Spit, Don't Rinse!

After brushing, make sure your child spits out the toothpaste but doesn't rinse their mouth. This allows the fluoride to keep working on those teeth!

OVER TO YOU!

*What's it called?
Fill in the missing letters.*

M _ _ _ _ R



S _ _ _ L



T _ _ _ _ B _ _ _ _



S _ _ K



















"Matching Pairs"

















Can you spot the matching pairs? Draw a circle around them



TOOTHBRUSHING CHART

BRUSH YOUR TEETH FOR 2 MINUTES, TWICE A DAY! DON'T FORGET TO SPIT, NOT RINSE!

	MON	TUES	WED	THUR	FRI	SAT	SUN
							
							

	MON	TUES	WED	THUR	FRI	SAT	SUN
							
							

GREAT JOB! YOU'RE AN AP SMILESTAR





smilecare

Together, We Build Healthy Smiles!

By starting early and making oral care a fun and easy part of your child's day, you're setting them up for a lifetime of healthy smiles. Remember, good habits today lead to bright, happy teeth tomorrow!

For more information about how to keep your child's teeth healthy click [here](#) or scan the QR code.

