

HOW TO BRUSH TEETH CORRECTLY

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Use short, back-and-forth brushing motions to clean the outside and inside surfaces of the teeth, as well as the chewing surfaces and inside the surface of the front teeth.
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well. **Source: NHS**



Did you know?

Teeth are the only part of the human body that can't repair themselves. They are coated in enamel, which is not a living tissue. Tooth enamel is the hardest part of the entire body; even harder than bone!



WHEN SHOULD MY CHILD VISIT THE DENTIST?

NHS dental care for all children under 18. You should take your child to the dentist as soon as possible. You should take them regularly, usually every 6 months. Oral B has lots of great tips and advice to make your child's visit to the dentist stress free. Find out more **here!**



British Society of
Paediatric Dentistry

BSPD has some great videos all about the dentist & looking after your teeth, starring Dr Ranj and Hey Duggee **here!**

LIMIT THE SUGAR!

Making simple, everyday swaps and reducing the amount of sugar children are having, on a regular basis, will provide long-term benefits to their oral health and lowering the risk of childhood obesity and diabetes in later life.”

Tooth decay is the most common chronic disease among children and teenagers, despite being entirely preventable. On average, a five-year old child in England has between three and four decayed teeth. **Source; Oral Health Foundation**



Change4Life have a lots of information on healthy food swaps to help cut down on the amount of sugar consumed. Check it out [here](#)



IS BACK FOR 2024!

Key March dates

- International Women's Day- 8th
- Nutrition & Hydration Week- 11th-17th
- World Sleep day-15th
- World Oral Health Day -20th

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day.

Last year, **12,651** participants in South Leicestershire took part and moved for a total of **3,739,500** active minutes!

How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

For more information, click [here!](#)

[#MOVEITMARCH2024](#)



LET'S GET SOCIAL

