



Children in the North West
have some of the highest rates of
tooth decay in the country!



- As part of our health programme daily tooth brushing is part of the routine in Reception class

- Each child will be given their own toothbrush

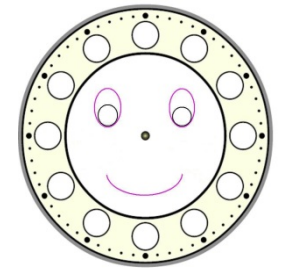


- Family toothpaste will be applied to brushes

- Your child will be supervised when brushing their teeth



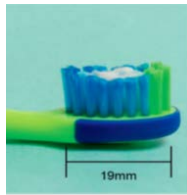
- The brushes will be stored hygienically in a toothbrush storage rack



- It is very important that you keep brushing your child's teeth at home
- Encourage your child to brush the last thing at night and on one other occasion



• Under three, use a smear of paste



• Increase to a pea sized blob of paste at three years old



• At home encourage your child to spit out, don't allow them to rinse out so they don't wash away that precious fluoride



• Using a family toothpaste containing 1450ppm fluoride strengthens their and teeth and helps protect against decay

The Brush Bus is at our Reception Class!



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If **you would like** your child to take part in the scheme please fill in this consent form and return to nursery within 7 days

I would like my child
to brush their teeth in Reception class.

Signed.....Parent/Guardian

