

Dear Parent/Guardian,

In partnership with your child's school, we have today reinforced the importance of good oral hygiene with your child.

For your information, we have not carried out a check-up today.

However, we urge the importance of this and encourage you to see your usual dentist for routine check-ups at least every 6 months.

We have temporarily frozen our books for new NHS patients, but we welcome you and your child to attend a free oral health check with an Oral Health Educator- if you would like us to arrange this, please email Mrs Marijka Barber:

happysmiles@plummers.co.uk

The Happy Smiles Club

John G Plummer & Associates Dental Surgeons



5 steps to good oral care

1 **Brush your teeth twice a day**

with a fluoride toothpaste, before bed and on one other occasion

Spit, don't rinse; rinsing washes the fluoride protection away



2 **Limit sugary snacks & drinks**

Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth

3 **Supervise your child**

Supervise your child during toothbrushing until they are at least 7 years old



4 **Visit your dental professional regularly**

Ensure you and your child visit your dental professional regularly

5 **Change your toothbrush every 3 months**

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!

