



# Spreading the News



17<sup>th</sup> February 2025

In Spreading the News this month ...



## Looking After Your Teeth

(Sometimes called Dental Hygiene)



# Spreading the News



In Spreading the News this month ...



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## Teeth ... early years to teens



- Most children will have all of their baby teeth, sometimes called milk teeth, by the time they are between 2 and 3 years old



- Around the age of 6 or 7 these teeth start to loosen and fall out to make room for adult teeth



- By the age of 12 or 13 years most children have all their adult teeth



- These adult teeth have to last you rest of your life  
So it is important to take good care of them



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## Quiz Time

What do you know about

Looking after your Teeth?





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Question 1:



When should you brush your teeth?



A. In the Morning and at Night



B. When you are going somewhere



C. Before bed ...and at one other time of the day



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Question 1:

Answer ...

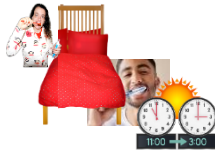
Any of these times is good



A. In the Morning and at Night



B. When you are going somewhere



C. Before bed ...and at one other time of the day



NHS says ...



C. Before bed ... and at one other time of day is the best



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Question 2:



What is the correct way to brush your teeth?



A. Brush ... Spit ... Rinse your mouth with water



B. Brush ... Spit ... Leave



C. Brush ... Mouthwash ... Use floss





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Question 2:

Answer ...



B. Brush ... Spit ... Leave

NHS says ...



- There is something in toothpaste called fluoride ...  
The fluoride left in your mouth after brushing helps to prevent tooth decay
- Using a fluoride toothpaste helps to protect your teeth
- You do not need to use an expensive toothpaste
- Just make sure it says fluoride on the tube





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Question 3:



When is the best time to eat dessert/pudding?



A. Straight away after your main meal



B. Give your stomach a rest ... eg. After half an hour



C. In between meals ...eg. As a snack



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Question 3:

Answer ...



A. Straight away after your main meal



NHS says ...



The best time to eat sweet desserts/puddings is straight after your main meal



- There is more spit (called saliva) in your mouth at mealtime when eating
- This saliva helps to wash away any sticky sugar from your teeth



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## Brushing your teeth



- Brushing your teeth with a flouride toothpaste is very important ...
- It keeps your teeth strong and healthy



- This video shows you how to brush your teeth
- Watch this NHS video with someone you trust

click



<https://www.youtube.com/watch?v=oXwRxfPJIcw>



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## Going to the dentist for a check up ...

(At least once a year is good)



- Some people do not like going to the dentist



- This video shows you what happens when you go to the dentist for a check up

- Watch it with someone you trust

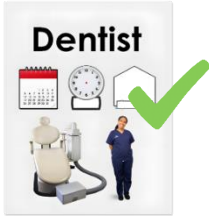
click



[https://makaton.org/TMC/News\\_Stories/Your\\_stories/Out\\_and\\_about/Your\\_dental\\_visit\\_a\\_positive\\_experience](https://makaton.org/TMC/News_Stories/Your_stories/Out_and_about/Your_dental_visit_a_positive_experience)



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## Find a dentist near you



- You can find a dentist near to where you live using the link below
- Ask someone you trust to help



<https://www.nhs.uk/service-search/find-a-dentist>



- Some people do not have to pay for dental treatments



- You can ask the dentist ... or at the reception



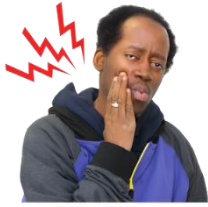
- Or ask someone you trust to help you use the NHS dental checker ...



<https://www.nhsbsa.nhs.uk/dont-get-caught-out-penalty-charges/check-you-tick>



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## Emergency dental treatment



- If you need emergency dental care and you do not have your own dentist ...
- Use the this link to find a dentist near you

click



<https://www.nhs.uk/service-search/find-a-dentist>



- If you cannot find an appointment ...
- Phone NHS 111



- Some people do not have to pay for dental treatments



- You can ask the dentist ... or at the reception



- Or ask someone you trust to help you use the NHS dental checker ...

click



<https://www.nhsbsa.nhs.uk/dont-get-caught-out-penalty-charges/check-you-tick>



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Are You Looking After  
Your Teeth?