



King's College Hospital
NHS Foundation Trust

Mouth Care for Over 3's

Brush Teeth Twice Daily

Teeth should be brushed last thing at night and at one other time of day.

Choose an adult toothpaste which has at least **1350-1500ppm** of fluoride.

Support your child with brushing until they are confident to brush on their own. Typically, this occurs around the age of eight.

Use a pea sized amount of toothpaste

Spit don't rinse.



Try the NHS food scanner app

See how much sugar is in your food and drinks.

It's free!



Be Sugar Smart

Fruit and vegetables are healthy snacks.

Plain milk and plain water are best for teeth.

Cut down on how often you have sugary snacks and drinks.

Visit the dentist regularly

NHS dental treatment is free for children up to the age of 18.

Find a dentist at www.nhs.uk/service-search/find-a-dentist



King's College Hospital
NHS Foundation Trust

Mouth Care for Over 3's

Brush Teeth Twice Daily

Teeth should be brushed last thing at night and at one other time of day.

Choose an adult toothpaste which has at least **1350-1500ppm** of fluoride.

Support your child with brushing until they are confident to brush on their own. Typically, this occurs around the age of eight.

Use a pea sized amount of toothpaste

Spit don't rinse.



Try the NHS food scanner app

See how much sugar is in your food and drinks.

It's free!



Be Sugar Smart

Fruit and vegetables are healthy snacks.

Plain milk and plain water are best for teeth.

Cut down on how often you have sugary snacks and drinks.

Visit the dentist regularly

NHS dental treatment is free for children up to the age of 18.

Find a dentist at www.nhs.uk/service-search/find-a-dentist



We value your feedback, please scan the QR code below to answer a few short questions. All answers are anonymous and will be used for service improvements only.



Thank you for taking the time to complete this feedback.

If you have any questions please contact us at:

EMAIL: kch-tr.oralhealthpromotion@nhs.net



We value your feedback, please scan the QR code below to answer a few short questions. All answers are anonymous and will be used for service improvements only.



Thank you for taking the time to complete this feedback.

If you have any questions please contact us at:

EMAIL: kch-tr.oralhealthpromotion@nhs.net