

Spring 2024

Community
Dental
Services

Oral Health Early Years

NEWSLETTER

Throughout the year you will receive a CDS Newsletter just like this one. Where you will be able to find social media posts, video's, posters and more. All you have to do is take a look and share this information however you wish!



Oral Health is so important and helping us spread these important messages will make a huge difference.

TOP TIPS FOR TOOTHBRUSHING

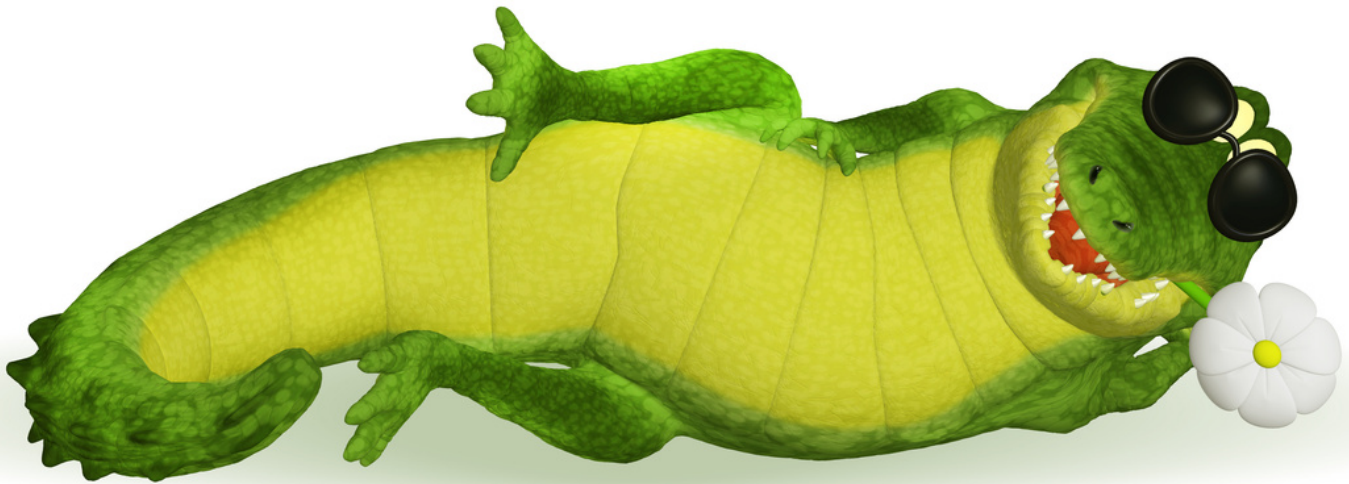
- Children 0-3 should use a smear of toothpaste. (containing fluoride levels of at least 1000 ppm)
- Children 3+ should use a pea sized amount. (containing fluoride levels of at least 1450 ppm)
- DO NOT rinse after brushing! Brush, spit and go!
- Brush twice daily. The most important time is last thing at night
- If you use mouthwash make sure it's at a different time to tooth brushing so you don't risk rinsing the toothpaste straight off your teeth

For more important information on tooth brushing and other ways to support good oral health click the link to our CDS resource library or take a look at this video of our friends Jenny and Ally.



Did you know...

**Did you know that crocodiles have up to 110 teeth!
How long do you think it would take to brush them all?**



Children get 20 primary teeth and should spend 2 minutes brushing them twice a day to make sure they stay healthy and they can smile as wide as a crocodile!

Top tips to make sure you are brushing your teeth for the whole 2 minutes

- Use a stopwatch/sand timer to time your brushing with a manual brush.
- Some electric toothbrushes have a timer function included as well as a brushing pressure sensor.
- Use a brush along app such as Brush DJ or a guided brushing video on YouTube. Click the images below to and try it yourself. You can search on YouTube for other engaging toothbrush songs.





World Oral Health Day

20 March

Get involved and promote the day by sharing the GIFS, posters and activities that you can download from the website by clicking on here.



World Oral Health Day 20 March PRESENTS

TOOTHIE THE BEAVER IN

A HAPPY MOUTH IS... A HAPPY BODY

"FROM YOUR MOUTH, TO YOUR HEART, LUNGS AND BRAIN, IT'S ALL CONNECTED. TOGETHER, LET'S MAKE ORAL HEALTH A PRIORITY AND CELEBRATE WORLD ORAL HEALTH DAY!"

Toothie

#WOHD24
#HappyMouth

20 MARCH

JOIN OUR JOURNEY TO HEALTHIER, HAPPIER LIVES.

worldoralhealthday.org

WATCH ON:

Logos at the bottom: fdi, 3M, HALON, Dentsply Sirona, SmileTrain



COMING THIS MARCH

We find the use of social media to share key Oral Health Messages can help with reaching more vulnerable families in the hope to educate reduce tooth decay.

You can follow us on our Social Media Pages, Facebook, Instagram and X (Twitter) to re-share, like or download any of our content and place on your own pages or use on your own communication platforms. All we ask is that you 'Tag' us in! 😊

We also have our own YouTube Page with some great videos to share.

Facebook - [Facebook](#)

**Instagram - [Community Dental Services](#)
(@communitydentalservices) • [Instagram photos and videos](#)**

X (Twitter) - [CDS CIC \(@CDS_CIC\) / X \(twitter.com\)](#)

YouTube - [Community Dental Services](#)

