

See the dentist

- It is important for your child to see the dentist for regular dental check ups. The dentist will let you know how often your child should attend.
- The dental team can give you advice and treatment to help keep your child's teeth healthy.
- Ask your dentist about fluoride varnish, it helps prevent tooth decay. It is quick and easy to apply.

If you have an urgent dental problem or need help finding an NHS dentist, contact the Dental Advice line below for your area:

Shropshire and Telford & Wrekin 01743 322199

Staffordshire and Stoke-on-Trent 0300 123 0981



Let's make it fun!

Try to make toothbrushing fun, by singing songs, using apps or timers and make toothbrushing fun for all the family.

Here are some of our favourites:



Hey Duggee – Toothbrushing song

Join Duggee and the Squirrels for 2 minutes of toothbrushing with this catchy song.



Sesame Street – Healthy teeth, Healthy me

Join Elmo and his friends and get brushy brush brushing!



Brush DJ – NHS Toothbrushing App

Brush for 2 minutes whilst listening to music of your choice!



Super Simple Songs – Brush your teeth

Sing along with 3 smiley monsters who brush morning and night.

Produced by the Healthy Smile Team
Shropshire Community Health NHS Trust
September 2025



Supervised Toothbrushing Scheme for 3–5 year olds (3+SEND)





Welcome to Brilliant Brushers

We are delighted your child is taking part in our supervised toothbrushing scheme.

What is Brilliant Brushers?

Brilliant Brushers is an NHS/Government funded supervised toothbrushing scheme for 3-5 year olds (3+SEND) available in your child's day nursery or school.

How will it happen?

Staff have been trained to supervise or assist your child with toothbrushing every day in your child's day nursery or school.

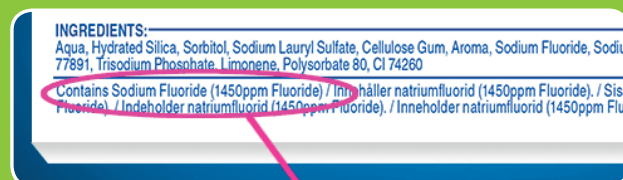
This pack contains a toothbrush and toothpaste to help you continue toothbrushing twice a day at home, alongside toothbrushing in the day nursery or school.

Top tips for brushing at home

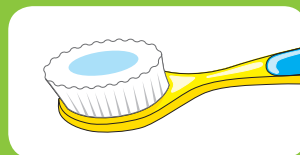
Tooth decay is the main reason for dental extractions in hospital in young children.

1. Brush your child's teeth at home twice a day with a fluoride toothpaste. Last thing at night is most important.
2. Use a family strength fluoride toothpaste, that's one with 1450 parts per million fluoride (ppm), unless your dentist advises higher strength. You can find this in the list of ingredients on the box or tube of toothpaste.

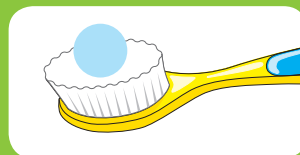
Non foaming or flavourless toothpastes are also available. Your dentist will be able to advise you on this.



3. Use the right amount of toothpaste as shown in the images below.

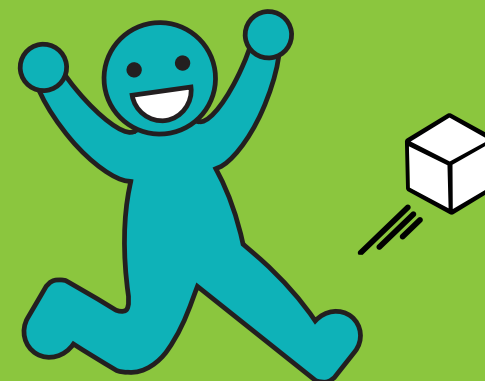


Smear for up to 3 years



Pea size for 3 years and over

4. Encourage your child to spit out and not rinse out with water, rinsing washes away the fluoride.
5. All children need help with toothbrushing until the age of 7 years, however your child may need help for longer.



Be sugar smart

- Frequent intake of sugary foods and drinks causes tooth decay and should be kept to meal times only. Plain water and milk between meals is best.
- Choose healthy snacks such as fresh fruit, vegetables, toast or plain rice cakes.
- If your child needs to take medication ask for sugar free.

**Don't forget to be sugar smart!
Eat less sugar, less often.**

Download the Change4Life Food Scanner App to find hidden sugar in your food and drink.

Search Change4Life to find out more.

