



## FAMILY CARE

PART OF DARWENSIDE DENTAL



# Your guide to safeguarding smiles with Darwenside Dental

With **good oral care** from an early age your smile can **last a lifetime**



T: 01254 703020 | [www.darwendental.co.uk](http://www.darwendental.co.uk)



FAMILY CARE  
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# Welcome to Darwenside Dental

Make an  
**Appointment** for  
your children today,  
**IT'S FREE**

When you come to visit the dentist, they will have a look inside your mouth and count your teeth.

They may paint some flavoured liquid onto your teeth. This helps to stop sugar attacking your teeth.

You will need to visit every 3 months to have your teeth painted with the flavoured liquid. They will also talk to you about cleaning your teeth and eating a healthy diet.

## How to look after your teeth

You should clean your teeth twice a day: morning before breakfast and last thing at night before you go to bed. Use a pea size blob of toothpaste. We've put some in the pack for you to try.

When you clean your teeth just spit out the toothpaste, don't rinse out your mouth.

**Try to leave it for half an hour before eating or drinking. This helps the toothpaste to work.**

*If you haven't already, ask our team for a special Teeth Cleaning chart & stickers.*



*Keep track of your daily brushing and visit us again to show off your progress!*



## Diet and drinks

We all like to eat sweets, but they can rot our teeth if we eat too many. The same happens with sugary and fizzy drinks.

When you have anything sweet, eat it at the same time as a meal. The same for sugary and fizzy drinks. Try not to eat between meals and if you want a drink, try water; your teeth will love you for it.

**A healthy diet not only helps your teeth, but the rest of your body too.**



## Some myths about coming to see the dentist

*You only need to take your baby when they have teeth, or when they reach 3 years of age*



Register your baby after they are born.

*You will get 'told off' for eating sweets*



Your dentist will talk to you about what you eat. If they think you could be eating too much sugar they will talk to you about how it affects your teeth.

*The dentist will hurt you*



Your dentist won't hurt you. If you have toothache, then making it better may not be nice, but your dentist will tell you what they are doing.

*Children should only use children's toothpaste because of the amount of fluoride in it*



Children can use an adult toothpaste, as long as it is only a small amount.

*Baby teeth are not important*



Baby teeth start to appear from 6 months old and carry on coming through for a few years. They help with talking and make space for your adult teeth to come through. They also help you eat.



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# How to register

If you don't already visit the dentist, come to see us. All the family are welcome.

Contact us on **01254 703020**  
or email **[enquires@darwendental.co.uk](mailto:enquires@darwendental.co.uk)**  
for a registration form.

We look forward to seeing you soon.

