



NHS

**Do you have an urgent dental problem
or need help finding an NHS dentist?**

**Contact Staffordshire and Stoke-on-Trent
Dental Advice Line: 0300 123 0981**



Brush twice a day,
especially last
thing at night

Spit toothpaste
out after brushing,
but don't rinse

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



Smear for
children up
to 3 years



Pea-sized
amount for
children
aged 3-6
years