



**Derbyshire**  
 Children and Young People's  
 Health Promotion Programme  
 Derbyshire Community Health Services **NHS**



# Keeping Smiles

**Good teeth helps us to • eat • talk • smile**

**Eating or drinking sugary foods or drinks can damage teeth and make them rotten**

- Some foods and drinks attack our teeth
- Our teeth can't recover from lots of attacks
- Only eat some foods at meal times



**Safer foods and drinks for teeth in between meals**

- Plain water
- Milk
- Cheese
- Bread
- Fresh fruit or vegetables
- Nuts and seeds



**Foods and drinks best saved to mealtimes**

- 100% fruit juice
- Cakes and biscuits
- Chocolate and sweets
- Fizzy drinks
- Low sugar, no added sugar, flavoured or juice drinks
- Dried fruit



## Brushing Teeth

- Brush teeth twice a day
- Spit out after brushing and do not rinse

### Teeth brushing song to the tune of "Row, Row, Row Your Boat"

Brush, brush, brush your teeth,  
gently round your gums.  
Merrily, merrily, merrily, merrily,  
brushing can be fun!

Brush, brush, brush your teeth,  
brush them every day.  
The front, the sides, the back, the top,  
to keep decay (or the bugs or germs)  
away!

Floss, floss, floss your teeth,  
floss without delay.  
You need to do this every day,  
to keep decay (or the bugs or germs)  
away!

### Teeth brushing song to the tune of "London Bridge" or "Here we go round the Mulberry Bush"

This is the way we brush our teeth,  
brush our teeth, brush our teeth.  
Gently, gently, round and round,  
to keep them clean and sweet.

You will have a pretty smile,  
pretty smile, pretty smile.  
You will have a pretty smile,  
because you brushed your teeth.

## Dentists

Dentists help us to keep our teeth healthy  
and treat any problems

To find a dentist near you visit [www.nhs.uk](http://www.nhs.uk)  
or contact 0300 3112233

