







ORAL HEALTH RESOURCES

Parents & Carers Information

ITEM	IMAGE	DESCRIPTION	SUPPLIERS AND COST
Dr Barman's Superbrush Multi-Angled Toothbrush		<p>The head of the brush allows the sides and tops of the teeth to be brushed at the same time.</p> <p>Available in sizes:</p> <p>Up to 6 years</p> <p>6-12 years</p> <p>12+</p> <p>Various colours</p>	<p>www.dentocare.co.uk 020 8459 7550</p> <p>£4.96 Discount applied when purchasing more than 3.</p>
360° Oralievel Brush		<p>360° Soft bristle brush, cleans multiple surfaces of the mouth at once, delivering a gentle clean for sore or sensitive mouths.</p> <p>Various colours</p>	<p>www.oralievel-direct.co.uk 01582 439 122</p> <p>£2.98</p>
Collis Curve brush		<p>Collis curve is great for anyone with limited dexterity, has three rows of bristles covering all tooth surfaces.</p> <p>Available in various colours and styles:</p> <p>Baby</p> <p>Junior</p> <p>Soft</p> <p>Medium</p>	<p>www.colliscurve.co.uk info@colliscurve.co.uk</p> <p>£7.50</p>
Oranurse Toothpaste		<p>Unflavoured toothpaste for those with sensitivity to strong flavours. Comes with recommended fluoride and is SLS free (non-foaming)</p>	<p>www.dentocare.co.uk 020 459 7550 £3.49</p>
Duraphat high fluoride toothpaste		<p>Delivers greater caries reduction than regular fluoride toothpaste. dentine</p>	<p>Prescription only. Please speak to your child's dentist, who will be able to assess if suitable and prescribe.</p>

Mouth Rest		Assists to maintain open mouth to brush effectively. Sizes: regular/thick	www.dentocare.co.uk £3.95
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TIPS

Electric toothbrushes: Many kids find electric toothbrushes more fun to use and they can be more effective at cleaning for the correct amount of time (2 mins). Look for models specifically designed for children, which often have fun colours or characters.

Soft bristle brush: A soft bristled toothbrush can be gentler on their gums making brushing more comfortable.

Fluoride toothpaste: Using fluoride toothpaste can prevent cavities.

Toothpaste: Can be brought in various flavours, flavourless and non-foaming.

Toothbrushing charts: Creating a brushing chart can encourage and motivate children to brush.

Diet: Encourage healthy snacks that are low in sugar. Crunchy vegetables and hard fruits such as apple, can help teeth clean naturally.

Remember to brush for two minutes, twice a day, once before bed and at one other time during the day.

Do not rinse after brushing spit excess into sink!