



# Healthy Teeth, Happy Smiles!



Healthy mouth  
and gums.



Early signs  
of decay.



Brown spots that  
don't rub off.



Advanced decay  
and infection.

Parents

Regularly lift the top  
lip of your child and  
check their teeth for  
early signs of decay

URGENT  
TREATMENT  
NEEDED

Please seek  
dental advice if  
you notice any  
changes



[www.leicester.gov.uk/  
healthyteethhappysmiles](http://www.leicester.gov.uk/healthyteethhappysmiles)

Scan the code for more information on the programme



NHS  
England

# Healthy Teeth, Happy Smiles!

## Pledges:

- Take my child to see the dentist!
- Brush my child's teeth twice a day with fluoride toothpaste!
- Stop using the baby bottle!
- Only give sweet food and drinks at meal times!
- Not put any sweet drinks in the baby bottle/cup!
- Not put my child to sleep with a baby bottle!
- Give my child water if they wake at night!

I pledge to...

### Get Sugar Smart!

#### FREE Change4Life App

Scan bar codes of food packaging

See the number of cubes in your food and drink

### Make brushing fun!

#### FREE Brush DJ App

Plays 2 minutes of music for brushing

Sets reminders for brushing and visiting your dentist or hygienist



Download on the  
**App Store**



ANDROID APP ON  
**Google play**

### To Find Your Local NHS Dentist:

Visit NHS Choices website at  
[www.nhs.uk/dentists](http://www.nhs.uk/dentists)

### Healthwatch:

Leicester City: **0116 251 8313**



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