

Oral Health & Hygiene

Good oral health is vital for everyone. It is especially important for your young child as they are growing and developing.

It is really important that children learn the routine of daily brushing. Young children need help from adults to make sure that brushing is done properly.

When your child is at nursery we make sure that toothbrushing is a part of the daily routine. We help children learn about good oral health by singing songs and having fun as we learn.

We know that children may be missing learning about oral health with their friends. We've put together this wee poster to support you to do some of the nursery routines at home.

If you haven't received your child's Oral Health Pack, please contact the Childsmile team via:

fv.childsmileforthvalley@nhs.scot



Healthy Snack Ideas
(English)

Healthy Snack Ideas
(Polish)

Healthy Snack Ideas
(Other languages)



Click the YouTube icon for advice from ChildSmile.

Click here for advice from Mrs X.

Toothbrushing tips



**Something
to do at home together**



At the dentist