



### Toothbrushing top tips!



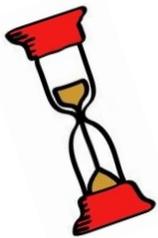
Start brushing your child's teeth as soon as they appear.  
Use a smear of fluoride toothpaste on a small headed toothbrush.

It is best to supervise your child until they are 8 years old to make sure they are brushing all of their teeth properly.

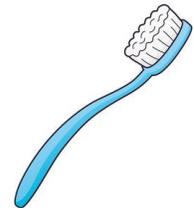
Treat toothbrushing as a routine and lead by example, before they leave for school in the morning and last thing at night before bedtime.

Spend 2 minutes, twice a day making sure they brush all their teeth on the inside surfaces, outside surfaces and on the biting surfaces too.

After brushing, spit out the toothpaste and DO NOT RINSE afterwards, this helps the fluoride in the toothpaste soak in and keep teeth strong and healthy.



Replace toothbrush every 3 months  
Visit your dentist regularly for check-ups



### Safe Snacks

We all know that too much sugar is bad for us, but going totally sugar free isn't always easy.  
We are encouraging everyone to cut, not quit, their sugar intake.

Whole fruits, vegetables, bread, cheese and plain milk/water are the safest snacks, for our teeth, to have between meals.

Below are some examples:

#### Safe snacks for your teeth

##### Foods

Bananas-Pears  
Grapes-Apples  
Carrot-Celery sticks  
Bread sticks-Nuts  
Crumpets  
Cheese



##### Drinks

Water  
Plain milk  
Tea or coffee with no sugar

#### Unsafe snacks for your teeth

##### Foods

Sweets  
Cakes  
Biscuits  
Chocolate  
Dried fruit – e.g. raisins



##### Drinks

Flavoured milk  
Energy drinks  
Sports drinks  
Fizzy pop





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\*Accepting new patients\*

### Our Ethos

We are a family-run practice based in the heart of Huddersfield. Our team's hope is for everybody to enjoy a healthy planet, a healthy smile and a healthy mind. We operate in a way that's sustainable for the planet by connecting with the local community and inspiring other healthcare providers to be more sustainable, too.

Whether you are looking to transform the appearance or function of your smile, improve or maintain your family's oral health or are hoping to boost your mental wellbeing, our whole team is here for you.

### Parking

We have a small number of parking spaces to the rear of the practice, but we do encourage our staff and patients to walk to the practice or use public transport as part of our goal to provide sustainable dental care.

### Payments

We offer plans through Denplan to help spread the cost of your care making it more affordable and predictable.

### Denplan Care

- Includes dental health reviews, scale & polishes and any necessary treatment
- It helps spread the cost of your dental treatment, so you know how much you're paying each month
- Emphasis on preventative care to minimise your need for treatment in the long term
- Plans start from £22.90 per month

### Denplan Essentials

- Includes dental health reviews and scale & polishes, 3, 6 or 12 monthly as needed
- 10% discount off your treatment
- Plans start from £8.50 per month and are priced to be slightly cheaper on a yearly basis than paying for your appointments individually.

Both plans come with the option of 24 hour worldwide dental injury & emergency cover when you are more than 40 miles away from home.

Please visit our website or call us for further information

[www.smilesintandem.com](http://www.smilesintandem.com)

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