After eye contact...

...a smile says it all!

MOUTH CARE FOR 11-16 YEAR OLDS
Keep your teeth healthy and your body fit with sugar-free, low fat snacks:

Most of the sugar in your diet comes from chocolate, sweets, drinks, biscuits and cakes. As alternatives try:

- Bread – wholemeal, white, french sticks, muffins, baps, pitta bread, toast, chappatis, crumpets
- Bread sticks, crackers
- Low fat spreads, cottage cheese, edam, gouda, cheddar, cold meats, chicken drumsticks
- Pieces of fruit – apples, tangerines, clementines, satsumas, bananas, pears, summer fruits – strawberries, plums, cherries, peaches, nectarines
- Vegetable pieces – celery, carrot, cucumber, pepper
- Savoury sandwiches, pizza pieces, home-made unsweetened popcorn, sweetcorn, baked potato pieces, potato wedges
- Sugar-free chewing gum.
A long cool drink of the right stuff.

- Water (bottled or tap) is great for quenching thirst
- Cool half fat milk makes for a satisfying drink that’s full of goodness.

3 things you need to know about drinks:
- Fizzy drinks and squash contain high levels of sugar
- Diet drinks contain no sugar
- “No added sugar” contains less sugar which is great for our general health, however they still have the potential to damage teeth.

DANGER! ACID ALERT!

Acid drinks may dissolve the enamel from your teeth and damage them badly. This is called erosion.

The culprits?
- Colas and other fizzy drinks
- Apple and orange juice
- Orange squash
- Sports drinks
- High energy drinks.

Thirst quenching water or chilled, satisfying milk – great drinks to keep you fit and your teeth healthy.
Toothbrushing

Clean teeth and gums look good and feel great.

- Brush teeth and gums every night and morning
- Use a family fluoride toothpaste
- A small headed toothbrush is best to get to all the hard-to-reach areas
- Brush thoroughly where teeth and gums meet
- Brush away all plaque and bacteria every day to keep breath fresh and gums healthy
- Mouth rinses may help keep teeth and gums clean:
  - Choose one which contains fluoride to strengthen teeth
  - Ask your dentist for advice
- Smoking damages gums and stains teeth

Brush teeth and gums twice daily for a stunning smile.

- Dental floss may help keep your teeth healthy – always ask your dentist or hygienist’s advice on how to use it
- Disclosing tablets show up any plaque left on the teeth after brushing.
Does brushing make your gums bleed?

Bleeding gums are an early sign of gum problems.

- If you leave plaque and bacteria on your teeth it will make your gums bleed
- This is called gingivitis (inflamed gums)
- Gingivitis may cause bad breath and stained teeth
- Your gums may become swollen and redder or darker in colour
- Brush more and not less to stop bleeding
- Thorough brushing should stop your gums bleeding within a week or two
- If bleeding continues ask your dentist or hygienist for advice.
Visiting the dentist

Have your teeth checked regularly – at least once a year.

Your dentist will:
- keep your teeth clean and free of stains
- repair any damage to your teeth
- help you prevent tooth decay and gum disease
- treat any toothache or problems.

NHS dental treatment is free for:
- under 18s and under 19s in full time education
- those on certain benefits
- expectant and nursing mothers until the baby is 12 months old
- some people on low incomes.

To find out if you qualify for free treatment and how to get it, ask for information at dental surgeries, doctors' surgeries or the benefits agency.
Well-cared-for teeth help you to look attractive.

Are you worried that your teeth may be crooked? An orthodontist may be able to help by straightening your teeth. You can discuss this with your own dentist.

Points to think about:
- orthodontic treatment
- can take several years
- often involves wearing a brace that is fixed in your mouth
- may involve having teeth taken out
- needs real commitment to treatment
- is only suitable for those with healthy teeth and gums
- is only available under the NHS to those with moderately to severely crooked teeth.

Remember: having teeth straightened is usually only necessary if you yourself feel strongly that it would make an important difference to your appearance.
Keep your smile looking great

- Choose healthy sugar-free, low-fat snacks like fruit and bread
- Go for drinks that will not damage teeth - like milk and water
- Brush teeth and gums twice daily for clean, healthy teeth and fresh breath
- Have your teeth checked at the dentist at least once a year.