

## NHS Supervised Toothbrushing Programme

Dear Parent / Guardian,

Your child has been participating in the Big Brush Club's Supervised Toothbrushing Programme and we want to thank you for supporting this at home.

If you haven't already completed our review stage parent survey, please fill it out here: <https://bigbrushclub.co.uk/parent-survey-review-stage/>

With Easter fast approaching, you will find below some tips to help you support the whole family with brushing at home.

### Tips for toothbrushing at home

**Supervise children** - Children under the age of 7 should be supervised when brushing their teeth, using a pea size amount of fluoride toothpaste and brush for 2 minutes twice a day.

**Frequency of sugar** - It is the frequency of sugar consumption that contributes towards tooth decay. Keep sugary snacks to mealtimes.

**Website resources** - Here is a link to our website where you will find healthy snack advice, resources, links to 2-minute timers and more: [www.bigbrushclub.co.uk](http://www.bigbrushclub.co.uk)

**Reward chart** - Here is a downloadable reward chart to remind children to brush twice daily at home: [www.bigbrushclub.co.uk/wp-content/uploads/2024/06/Reward-Chart-school-holidays.pdf](http://www.bigbrushclub.co.uk/wp-content/uploads/2024/06/Reward-Chart-school-holidays.pdf).

If you wish to discuss the scheme further or would like to know more about how to improve your child's oral hygiene, your Big Brush Club Facilitator can answer all your questions. Please get in touch via [info@bigbrushclub.co.uk](mailto:info@bigbrushclub.co.uk).

Thank you for being part of Big Brush Club.

Yours sincerely,



Justin Marney  
Managing Director  
At Home Dental

