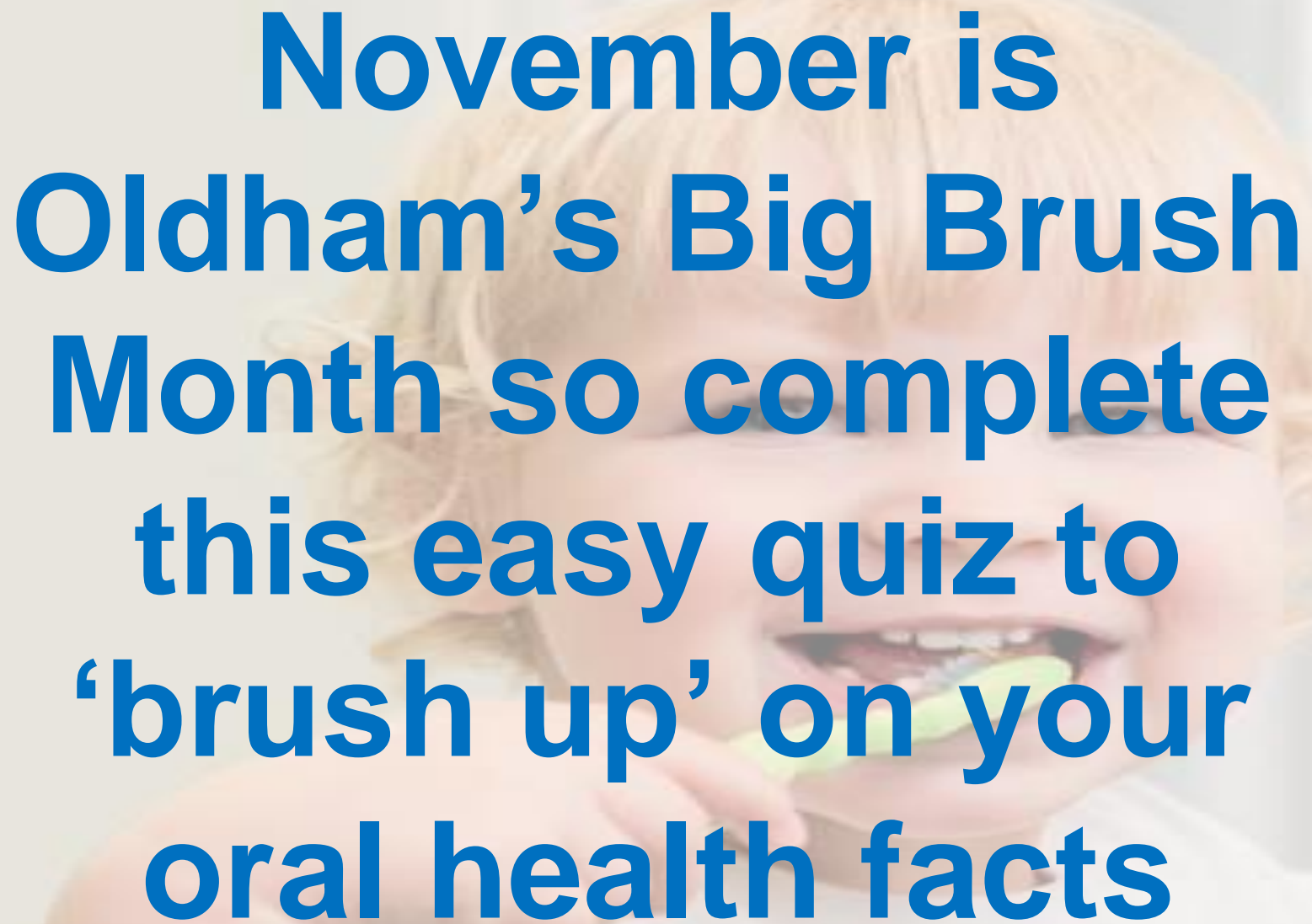




The Big Brush Quiz

'brush up on your oral health facts'

in Oldham
Quality first and foremost

A young child with blonde hair is shown brushing their teeth with a green toothbrush. The child is smiling and looking towards the camera. The background is a soft, out-of-focus indoor setting.

**November is
Oldham's Big Brush
Month so complete
this easy quiz to
'brush up' on your
oral health facts**

Q1. When should you start to brush baby's teeth?

- A. when baby is 1 year old**
- B. as soon as the first tooth appears**
- C. when all baby teeth have come through**



in Oldham
Quality first and foremost



A1. When should you start to brush baby's teeth?

B. as soon as the first tooth appears



in Oldham
Quality first and foremost

Q2. How many times a day do experts recommend teeth should be brushed?

- A. once a day**
- B. after every meal**
- C. at least twice a day**



in Oldham
Quality first and foremost

A2. How many times a day do experts recommend teeth should be brushed?

C. at least twice a day



in Oldham
Quality first and foremost

Q3. How long should teeth be brushed for?

- A. two minutes**
- B. one minute**
- C. three minutes**



in Oldham
Quality first and foremost

A3. How long should teeth be brushed for?

A. two minutes

Download the free DJ Brush App supported by the NHS. It uses music to make brushing teeth fun, playing 2 minutes of music taken from smartphone or tablet to encourage brushing.



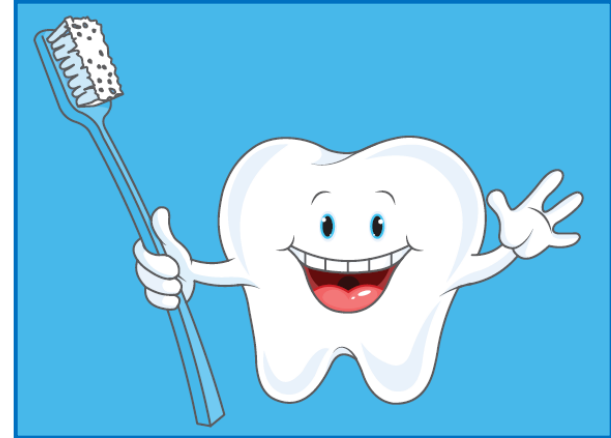
in Oldham
Quality first and foremost

Q4. When is the best time to brush teeth?

A. after every meal

B. in the morning

C. last thing at night and one other time



in Oldham
Quality first and foremost

A4. When is the best time to brush teeth?

C. last thing at night and one other time

Bedtime brushing is best as the fluoride in the toothpaste works whilst we sleep. Also brush at one other time in the day e.g. morning.



in Oldham
Quality first and foremost



Q5. What age is it recommended that children need help with brushing?

- A. at least 5 years old**
- B. at least 7 years old**
- C. at least 3 years old**



in Oldham
Quality first and foremost

A5. What age is it recommended that children need help with brushing?

B. at least 7 years old

It takes time to develop the right toothbrushing technique and young children lack the manual dexterity to brush effectively.



in Oldham
Quality first and foremost

Q6. Oldham's children should use family toothpaste containing levels of fluoride (ppmF) between?

- A. 500 – 900 ppm Fluoride**
- B. 900 – 1000 ppm Fluoride**
- C. 1350 – 1500 ppm Fluoride**

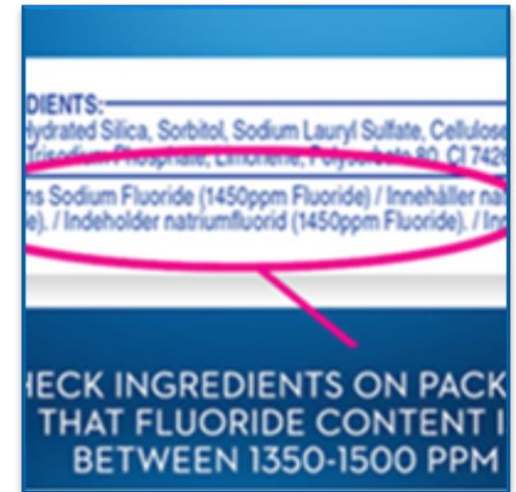


in Oldham
Quality first and foremost

A6. Oldham's children should use toothpaste containing levels of fluoride (ppmF) between?

C. 1350 – 1500 ppm Fluoride

Research shows toothpaste with this concentration are most effective in preventing tooth decay.



in Oldham
Quality first and foremost

Q7. How much toothpaste should be used for a child up to 3 years old?

- A. smear
- B. pea-size blob
- C. don't need toothpaste



in Oldham
Quality first and foremost

A7. How much toothpaste should be used for a child up to 3 years old?

A. smear



in Oldham
Quality first and foremost

Q8. How much toothpaste should be used for a child over 3 years old?

- A. smear**
- B. pea-size blob**
- C. don't need toothpaste**



in Oldham
Quality first and foremost

A8. How much toothpaste should be used for a child over 3 years old?

B. pea-size blob

From the age of 3 years old children are able to spit out any excess toothpaste.



in Oldham
Quality first and foremost

Q9. What do experts recommend we do after brushing teeth?

- A. spit out and rinse using a mouthwash**
- B. spit out and rinse with water**
- C. spit out, but do not rinse**



in Oldham
Quality first and foremost

Q9. What do experts recommend we do after brushing teeth?

C. spit out, but do not rinse

Allowing the fluoride to stay in the mouth longer will help to strengthen the teeth.



in Oldham
Quality first and foremost

For more Big Brush information visit

www.oldham.gov.uk/bigbrush

The **BIG** Brush

Let's get Oldham's
children brushing
this November

Every child should brush their teeth at least twice a day, especially at bedtime and at one other time during the day.

Visit your local Right Start Children's Centre to buy toothbrushes and toothpaste. Three products for just £1.50*

*One item must be fluoride toothpaste



Be part of Oldham's **Big Brush**

Brush together, smile forever.

Follow the tips below for a healthier, happier smile:

- Remember to brush your child's teeth twice a day especially at bedtime and at one other time in the day - bedtime brushing is best as it allows the fluoride in the toothpaste to work whilst they are asleep.
- Use a family toothpaste that has the right amount of fluoride – ones containing 1350–1500 ppmF are the most effective at helping to prevent tooth decay.
- Use a smear of family toothpaste for children under three years and from three years old use a small, pea size amount.
- Spit out after brushing and do not rinse the mouth out with water, as this will wash away the fluoride toothpaste that strengthens the tooth surface.

Please remember that children need help to brush their teeth until at least seven years old.

www.oldham.gov.uk/bigbrush
#OldhamBigBrush

For tips on how to brush your child's teeth, just visit:
www.oldham.gov.uk/bigbrush

