

brushing buddies



Springbank Academy Nursery is part of Nottinghamshire's Brushing Buddies Scheme. Our children brush their teeth once every day at nursery. Key messages are shared with the children and parents to help them take care of their teeth.

Brush your teeth in the morning and especially at night.

Use a brush with a small head with soft bristles.

Only use a smidge of fluoride toothpaste.

Tickle teeth all over.

Brush teeth for two minutes.

Spit or dab any froth, do not rinse.

Remember to limit sugary foods and drinks to mealtimes only.

Remember to visit the dentist regularly.



Local Dentists in the Local Area

Eastwood Dental Centre on Nottingham Road and Oradent Studio on Victoria Street are currently taking on children, but there is a waiting time for appointments.

Below are posters with helpful information and links on how to search for a dentist.

Information on which foods and drinks are healthy and which ones to limit to mealtimes only.

There is also a new campaign Brush, Bath, Bed, which has super ideas to help with setting a calm bedtime routine.

We hope you find this
information helpful.
Keep Brushing!

