



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 wipe any froth, do not rinse.

Remember to limit sugary foods and drinks to mealtimes only.

Remember to visit the dentist regularly.

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

