

**Bromley
Healthcare**
community first



Let's have a
Super Smile

My **super smile** helps me to



- **eat my food**



- **talk to my friends and carers**



- **have fresh breath**



- **look my best**

To keep my **super smile** I



- **brush my teeth**



- **try not to eat sugary foods, drinks and snacks**



- **visit the dentist**

To **brush my teeth** I need



- a **toothbrush**



- family fluoride **toothpaste**

I **brush my teeth**



- all round **every surface** of **every tooth**



- **before** I go to **bed**



- in the **morning**



- **every day**



If you need a **dentist**,



0300 311 22 33

**Bromley
Healthcare**
community first

**Bromley Healthcare
Community Paediatric and
Special Care Dental Service**
can help too.



01689 499234

Select option 3 and
then option 6
to speak to **Claire**



You may need to fill in a
form called **HC1** to find out
how much you need to **pay**
for your **treatment**.

You can get an **HC1 form**
from a job centre or benefits
office