



Teens club newsletter

Welcome to the club

Welcome to the very first Trinity House Dental Practice kid's club newsletter for teenagers!

My name is Liz, and I am the Dental Hygienist at the practice. I am here to help you look after your teeth, and keep them bright and healthy for the future. Your smile is very important, it is the first thing people notice about you when they meet you for the first time, and a nice healthy bright smile is always an "eye catcher".

We decided to start a club so that we could make looking after your teeth more fun,. With regular newsletters covering lots of Dental topics to help you understand how to look after your teeth and gums.

We'd like our newsletters to be informative so that you find them helpful. This is your club and your newsletter, and we want you to feel involved so we can make this a success.

Each newsletter will have a topic, which we hope will be interesting for you all, so if there is anything you would like us to talk about. (It's got to be Dental I am afraid!) please let us know,. You can e-mail me at lizgee@trinityhousedental.co.uk, or you can tell us when you come in for your check ups.

Good 2 eat

I think with Christmas virtually upon us the very first topic should be diet. With all the scrumptious things we are going to eat we should give a teeth a little thought.

All the nice things we like to eat at Christmas, cakes, biscuits, and not forgetting sugary drinks, generally contain a lot of sugar.

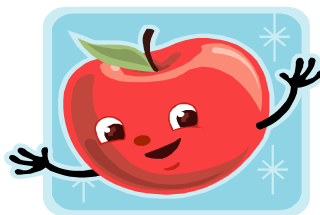
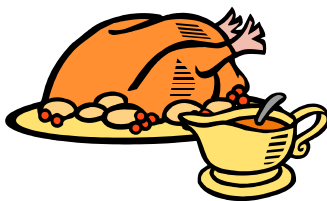


Plaque

Plaque is the soft sticky substance that coats our teeth, unfortunately everyone gets it. It starts to form within half an hour of us brushing our teeth, and the longer it is left the more germs collect within it. When we eat, especially sweet things, these germs produce acid, and this causes tooth decay and gum disease. So, if you only brush your teeth once a day, all these germs can have a real “field day” with your teeth.

Christmas pudding, mince pies, chocolate and sweets are all lovely things, but are really bad for your teeth. Obviously, we all want to eat these lovely things, so the best thing to do is limit them to mealtimes, and make sure you give your teeth a really good brush twice a day.

There are lots of lovely “Healthy” things to eat at Christmas. Try and “fill up” on these



Try to brush for a full 2 minutes, time yourself, it’s longer than you think! Make sure you brush all the surfaces of your teeth, especially your back teeth, and remember to brush twice a day, especially last thing at night.



Give your teeth something to smile about



Happy Christmas from all of us at
Trinity House Dental Practice