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Better Health Let's do this

# Top tips for teeth



## ★ Be sugar smart

Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.



## ★ See the dentist

It's free for kids under 18 to visit NHS dentists, so make sure you take them regularly.



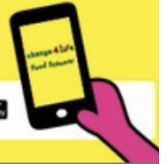
## ★ Brushing twice is nice

Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.



Ask your dentist for more top tips.

Download the Change4Life Food Scanner app to find out what's in your food and drink.



# Lose weight, one healthy choice at a time

Download the app

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## Don't let Measles, Mumps and Rubella into your child's world

The risk of catching Measles, Mumps and Rubella increases when your child goes to nursery. When you don't get your child their MMR vaccines, they're left exposed to becoming seriously ill.

Protect your child with both MMR vaccines. Contact your GP to book their first or second dose. Find out more at [nhs.uk/MMR](https://nhs.uk/MMR)

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## Find healthier swaps with Food Scanner

Download the free NHS Food Scanner App and scan, swipe, swap healthier choices for your family.

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# “Help me if you can, I’m feeling down”

## The NHS is here to help

Feelings of anxiety or depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you.

Talking therapies are also available in your chosen language, including British Sign Language, through multi-lingual therapists or confidential translators.

Let us help you get your feet back on the ground.

To find out more visit [nhs.uk/help](https://www.nhs.uk/help)

**Help us help you –  
Mental health matters**

Mental health matters  
Help us help you