

This week in our MEND sessions we are learning about **oral health**. Did you know that NHS dental services are **FREE** for:

- ⇒ Those under 18 years old and those under 19 years old in full time education
- ⇒ Pregnant women
- ⇒ Women with an infant up to 1 years of age

Here are 5 top tips for happy teeth



Tip 1. Brush your teeth twice a day



Tip 2. Use a toothpaste with fluoride



Tip 3. Limit sugary snacks and drinks



Tip 4. Visit the dentist at least once a year



Tip 5. Drink plenty of water

This week's challenges are...



Physical Activity Challenge

Try to exercise for 2 minutes after brushing your teeth. You can try star jumps or even running on the spot!



Nutrition Challenge

Ask your parents or grown ups to time you for two minutes when brushing your teeth so you know how long it is!

We look forward to hearing how you get on!