



Lindley Dental

Caring for your smile



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A Guide to Our

Busy Brusher's Club

At Lindley Dental we believe that it is never too early to start teaching children how to care for their teeth and gums

Introduction

Lindley Dental Centre's Busy Brushers Club is open to all children registered with us.



The club is run by Val Clare our Practice Manager, Jackie Molloy who is one of our Receptionists and Jackie Smith who is a Dental Nurse. All are qualified Oral Health Educators.

Our Goals

Our aim is to help children of all ages to improve their tooth brushing skills and learn how to have a healthy smile.

We aim to teach children the three basic principals of good dental health care:

- 1 To brush their teeth** after breakfast and before bed every day...
- 2 To have a healthy diet** with restricted safe snacks between meals...
- 3 To visit the dentist** regularly...

A visit to the club can either be combined with a routine examination or arranged as a separate visit. Our Receptionists have details of when Busy Brusher Club appointments are available.