

Tito's Summer Map

An adventure across six weeks of summer brushing.

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The trailhead

A short briefing before the summer begins.

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Hello mum and dad,

Six weeks of summer is a long trail. Routines drift, days get hot, late evenings happen. That is the terrain.

This little Pack is a map for it. Three things to pack for the journey. Your toothbrush, your family toothpaste, and the two-minute rule morning and night. That is the kit.

Across this Pack you will meet five Smile Street friends (the world Tito and his friends live in), each with a tip, an activity, or a small game. They are walking the same trail your child is. Pick the one your child loves the most.

At the end of the trail is a Champion's Certificate. Fill in your child's name when the six weeks are done. You will both have earned it. Try not to miss a brush, and let water be the go-to drink on hot days. But if a brush slips, pick it up tomorrow. That is the whole expedition.

See you at the summit,

Dr Ramzan Mohammed
NHS dentist, founder



✓ Family toothpaste, 1,450 ppm (most family toothpaste is).

✓ Ages 3 to 7: a pea-sized amount.

✓ Under 3: a thin smear.

✓ Brush twice a day, and always last thing before bed.

✓ Spit, don't rinse. Rinsing washes the fluoride away.

✓ Brush their teeth for them, or brush together. At this age, children need an adult's help every time.

Guidance: Delivering Better Oral Health (DBOH).

Pack your brush. Pack your toothpaste. Hold the two minutes, morning and night. That is the summer.

Four stops, one summer

Tick a box every time you've nailed one.

Four stops. Each has a tick-box. Tick one off when you have done it.



1

Pack a spare brush

Pack a toothbrush and a spare. Hotels run out, suitcases swallow things, and a backup keeps brushing going all trip. One family toothpaste is enough for everyone.



Tip from Tito:

Pack a brush.
Tick when done.



2

Two minutes still counts

Beach day, late night, granny's house. Two-minute rule still holds. Use the timer in our app, or hum a song you both know the length of.



Tip from Tito:

Two minutes.
Tick when done.



3

Treats are fine, keep them to mealtimes

Ice lollies, summer fruit, the odd biscuit. All fine. Try to keep treats to mealtimes rather than spread across the day. Then brush last thing before bed.



Tip from Tito:

Brush after.
Tick when done.



4

A missed night is just a missed night

If a night gets skipped, do not catastrophise. Tomorrow morning is the reset. Calm wins. Shame loses.



Tip from Tito:

Forgive the miss.
Tick when done.

Colour the beach stage

Find three hidden toothbrushes on Tito's beach map.



Meet the crew + Your real-life crew

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Five Smile Street friends. Five of your own.

Five friends walking the same six-week trail your child is on. Pick the one your child loves most. Then in the boxes at the bottom, write your child's own five brushing buddies - anyone.




Tito
Fox, The Cheerleader



Pan Pan
Bunny, The Motivator



Reggie
Dinosaur, The Gentle Learner



Scout
Bear, The Explorer



Shelly
Turtle, The Careful Guide

Write your five brushing buddies

It's not just the sugar. It's the timing too

When you eat what you eat. That's the bit.



“ It's not just the sugar.
It's the timing too. ”

Dr Ramzan Mohammed, NHS dentist

BREAKFAST

Draw what you ate this morning in this box.

LUNCH

Draw what you ate at lunch in this box.

DINNER

Draw what you ate at dinner in this box.

Brush before bed. That's the move.

Brushing before bed clears the day away and **leaves fluoride working overnight**, while your child sleeps and there's no more eating.

What two minutes with the app looks like

Four panels. Then the parent's call.

Open the app. Pick a friend. Brush. That's it.



Open the app. The five Smile Street friends are waiting.



Your child picks. The brush belongs to them now.

POW!



Brush alongside Tito for two minutes. Same length the NHS asks for.



Routine done. No streaks. No pressure. Same time tomorrow.

ZIP!

Six weeks of summer brushing, without the battle. Free, no in-app purchases, ages 2 to 7.

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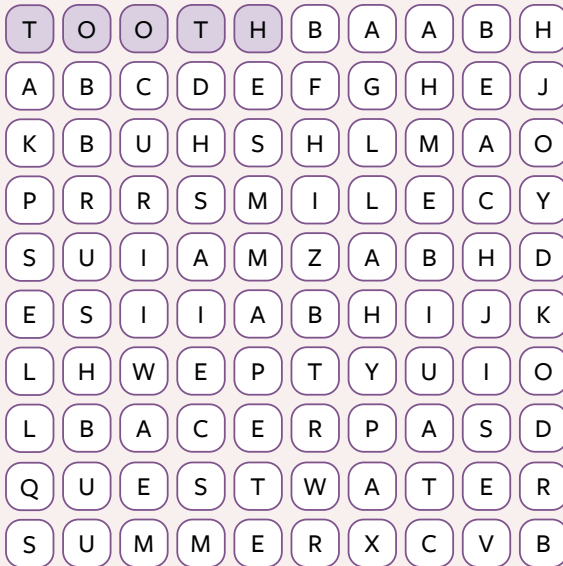
Treasure words









Find the words hidden on the Smile Street trail.



Eight summer words are hidden in the grid. Look **ACROSS** and **DOWN**. Tick them off as you find them!

Find These Words:



- TOOTH 
- BRUSH 
- SMILE 
- MAP 
- QUEST 
- SUMMER 
- WATER 
- BEACH 

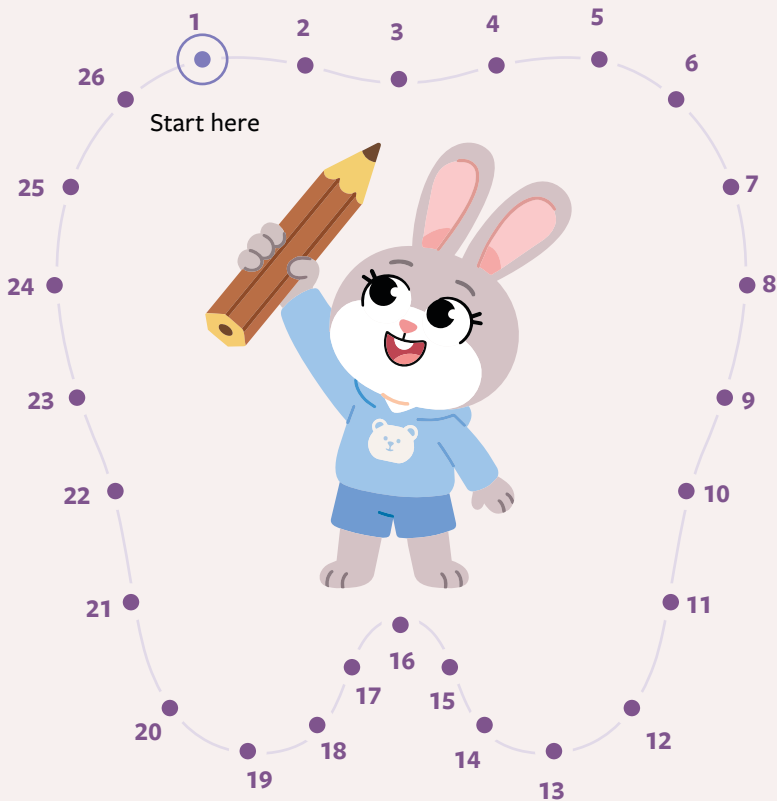


Scout says: start with the longest word first.
It is the easiest to spot.

Connect the dots - Pan Pan's tooth

Join 1 to 26 to find the shape.

Start at 1. Draw to 2. The 3. Carry on until 26. The shape appears.



Spot the difference on the trail



Find five differences between the two Smile Street map scenes.

Find 5 differences between Scene A and Scene B



Check them off!

1. _____
2. _____
3. _____
4. _____
5. _____

Use a pen to circle each difference as you find it.

One brushing routine that works

If you're struggling, here's the routine that works for Oldham schools and nurseries.

Not an app on its own. An app inside the routine you already do.

1 It fits the routine

The app slots into the brush you'd be doing anyway. It doesn't ask for extra time, just the two minutes you already have.

2 No streaks, no pressure

Miss a night, the app doesn't punish you. The routine waits. Pick it up tomorrow.

3 Built by an NHS dentist

Built by an NHS dentist, supporting Oldham schools and nurseries.

4 Free forever

Free forever. No paywall, no upgrades, no surprise charges hiding behind a friend.



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Free. Ages 2 to 7. Scan to install. Then brush like you already do - but with Tito alongside.

Six week smile tracker

Colour in a tooth at the end of each week you brushed most days.

YOUR SIX WEEK TOOTH TRACKER

At the end of each week, if you brushed most mornings and most bedtimes, colour the week's tooth in. Aim for six.



Awarded to

For completing six weeks of summer brushing with Smile Street.

Dr Ramzan Mohammed

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NHS Dentist, founder

You did it!
Keep smiling, keep brushing, keep shining.



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