



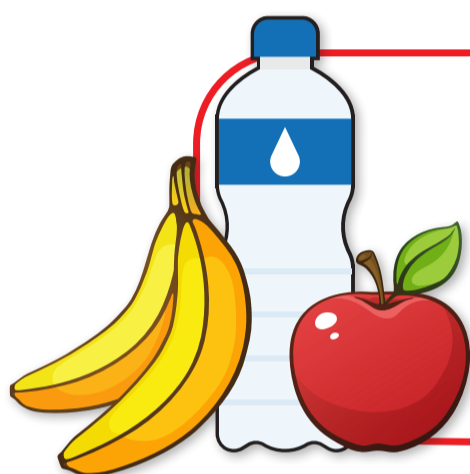
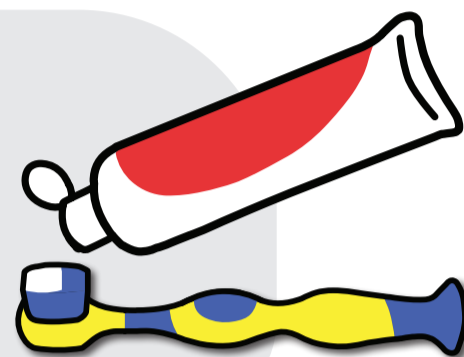
5 steps to good oral care

1

Brush your teeth twice a day

with a fluoride toothpaste, before bed and on one other occasion

Spit, don't rinse; rinsing washes the fluoride protection away



2

Limit sugary snacks & drinks

Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth

3

Supervise your child

Supervise your child during toothbrushing until they are at least 7 years old



4

Visit your dental professional regularly

Ensure you and your child visit your dental professional regularly

5

Change your toothbrush every 3 months

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!

