

Tips for Healthy Teeth...





Brush your teeth thoroughly twice a day, morning and night.

Use a grown up fluoride toothpaste, just a pea-sized amount. It is best to spit out rather than rinse out.



You will need to have help with your brushing until you are about 7 or 8 years old.

It is best to drink only milk and water between meals.



Try fruit, vegetables, toast, bread, cheese, rice cakes, bread sticks as snacks instead of sugary ones.



Keep sugary foods and drinks to mealtimes only.



It is a good idea to go to the dentist as least once a year. It is best if all the family have an NHS Dentist. If you need help finding one ask an adult to phone NHS Direct on 0845 46 47.