

4 TOP TIPS FOR A HEALTHIER SMILE



Brush your teeth twice a day

for two minutes, before breakfast and before bed. Remember spit and don't rinse after tooth brushing as rinsing will wash all the fluoride protection away.

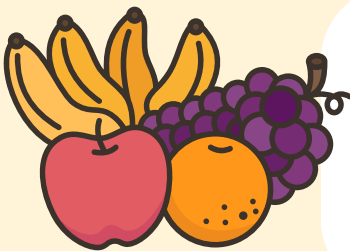
Use a fluoride toothpaste

Remember adults and children over the age of three can use an adult toothpaste containing 1450 ppm fluoride and those under the age of three no more than 1000 ppm fluoride.



Limit sugary snacks and drinks

to meal times only. The frequency of sugary snacks and drinks increase the risk of tooth decay. You should always reach for water and sugar free snacks between meals.



Visit your dentist regularly

to ensure your teeth are healthy and clean. Check-ups are important to spot anything early such as tooth decay. This includes baby teeth. Baby teeth are important as they allow your child to eat nutritious solid food for their development as well as providing a space maintainer ready for those adult teeth!

