

TOOTHY TIPS!

National Smile Month 2018



Brush your teeth every **MORNING** and last thing at **NIGHT**



Spit out toothpaste but **do not** rinse it away



Discourage children off the bottle onto a **free flowing beaker** by 18 months



Assist children with brushing up to the age of **eight**



Limit intake of **sugary foods** and **drinks** and beware of hidden sugars. Stick to **milk** and **water** in-between meals



Avoid **night time** drinks other than **water**



Change your tooth brush every **3 months**



Register your child with a **local dentist** by the age of 1 and take them for regular check ups