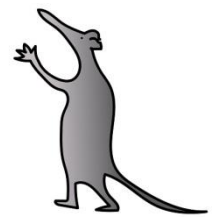


Looking after your Teeth

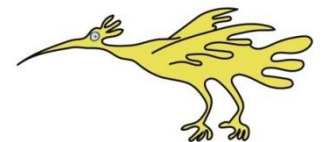
General Information about tooth brushing

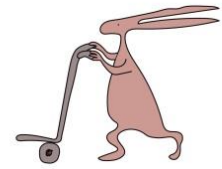
- ✓ Teeth should be **brushed twice a day**: Once first thing in the morning and again in the evening before bed
- ✓ After brushing teeth, **spit don't rinse**
- ✓ Use a **no than more pea size amount** of fluoride toothpaste
- ✓ **Babies aged 0-2 years old** Use a **smear** of fluoride toothpaste (**minimum 1000ppm***)
- ✓ **Children aged 3 years + old** Use a **pea size** amount of fluoride toothpaste, **minimum of 1450ppm*** (adult toothpaste).
- ✓ Adults should **supervise tooth brushing** until their child can brush effectively alone.



Diet information

- **Drink Plain water or milk**
- **Eat sugar-free snacks** only.
- **Do** be aware of hidden sugars in food.





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