

# Bright smiles are healthy smiles



## Don't forget

- 1 Brush your child's teeth for two minutes twice daily with a fluoride toothpaste.
- 2 Spit out toothpaste and do not rinse, as rinsing washes away the fluoride protection.
- 3 Cut down on your child's sugary foods and drinks to prevent tooth decay.
- 4 Take your baby to the dentist when their teeth first come through or by the age of one.
- 5 Visit your dentist on a regular basis\*.



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\*NHS dental appointments for children are FREE