

Top 4 tips for a healthy smile



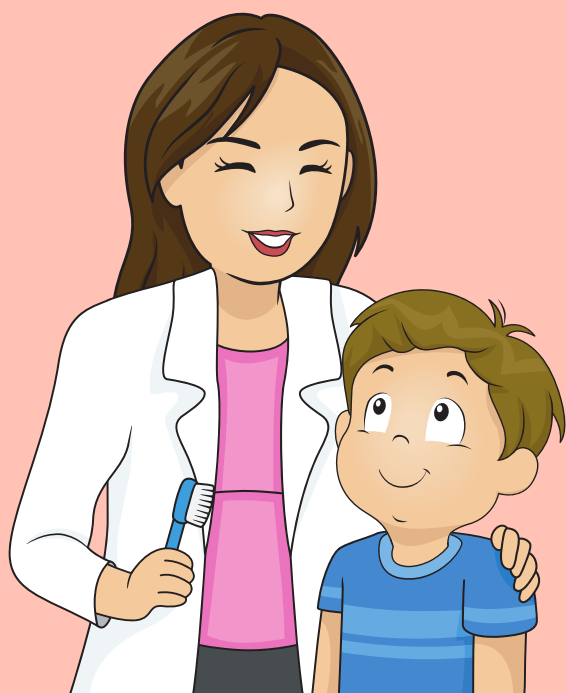
1. BRUSH TWICE A DAY

Brush with fluoride toothpaste, 2 times a day for 2 minutes. Adult supervision for children under 10 years old is recommended.



2. LIMIT SUGARY SNACKS

Sugary snacks produce plaque acids that cause tooth decay. Plain yoghurt with added fruit, cheese and wholegrain biscuit or hommus dip with vegie sticks make great healthy snacks. Remember to always choose tap water.



3. VISIT AN ORAL HEALTH PROFESSIONAL REGULARLY

Visit your oral health professional at least every 12 months. Your dental professional will help protect your child's teeth and to prevent dental problems arising.



4. START FLOSSING WHEN TEETH ARE TOUCHING SIDE TO SIDE

Once two or more teeth are touching side to side, floss your child's teeth once a day to remove plaque.