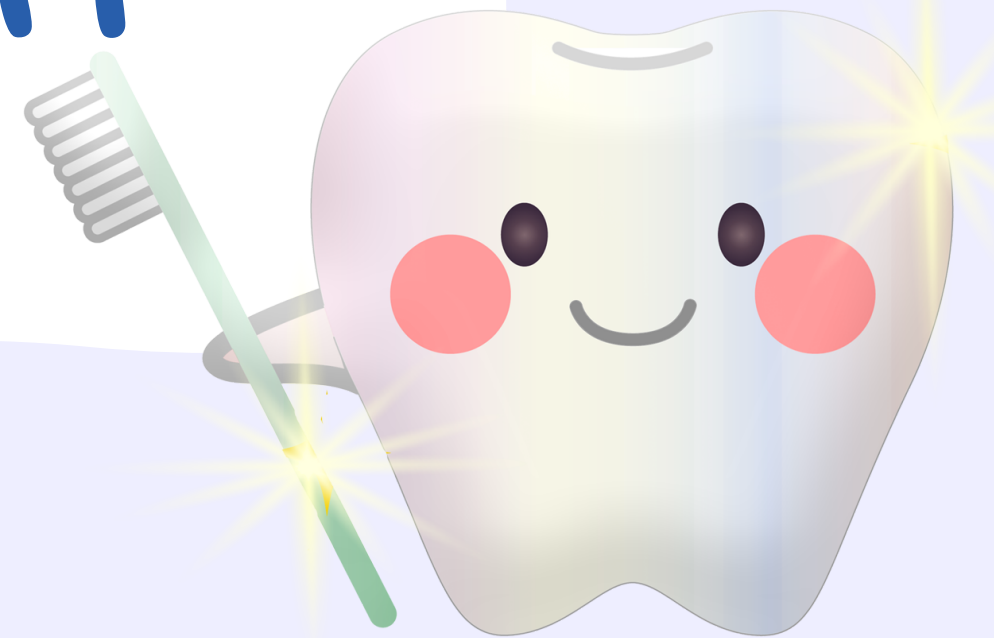


LOOKING AFTER YOUR TEETH



3 - 6 years

Brush morning and night for two minutes with a fluoride toothpaste.

Supervise your child whilst brushing.

Use a pea sized amount of toothpaste.

Spit out after brushing.

7+ years

Brush morning and night for two minutes with a fluoride toothpaste.

Spit out after brushing.

The best ways to brush

Squeeze a small pea-sized amount of toothpaste onto the brush

Tilt your toothbrush, cover your gumline and front of your teeth and brush gently.

Gently brush the outside of your teeth, making sure you reach right to your back teeth.

Brush the insides and tops of all your teeth.

Gently brush your tongue to remove bacteria.

Spit out the excess toothpaste.

