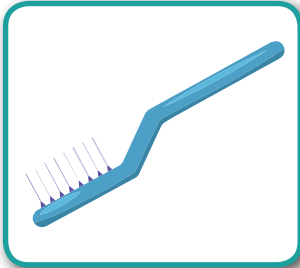


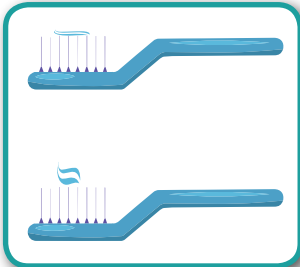
Top Tips for Healthy Teeth



Dry Brushing – No water needed



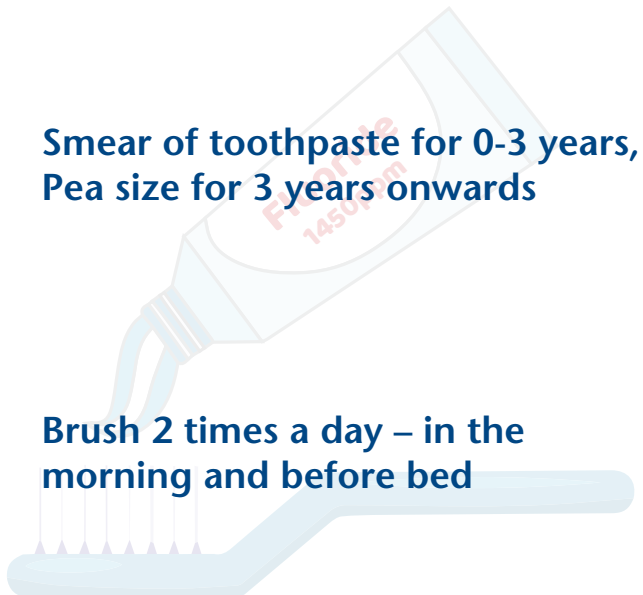
**Use 1450ppm Fluoride
Toothpaste for all the family**



**Smear of toothpaste for 0-3 years,
Pea size for 3 years onwards**

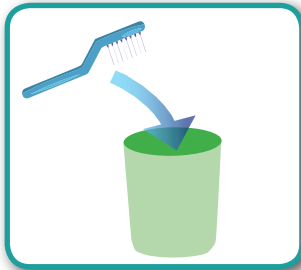


**Brush 2 times a day – in the
morning and before bed**





Brush for 2 minutes



Remember to change your toothbrush regularly



Register with your local dentist and visit regularly – NHS check ups are free!

If you follow these tips it will help prevent you and your children from tooth decay!