

TEETH ALERT

Your child's teeth need your help!

The Dental Health Promotion team visited the school today.

Please support our efforts to encourage good dental health

The frequency of times that sugar passes over the teeth is what causes tooth decay.

Sugar containing items should be kept to mealtimes only or eaten all at once.

Use a pea size blob of fluoride toothpaste.

Spit do not rinse.

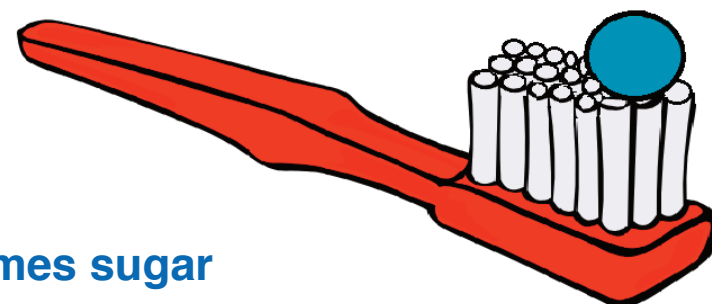
Reduce frequency of times sugar passes over teeth.

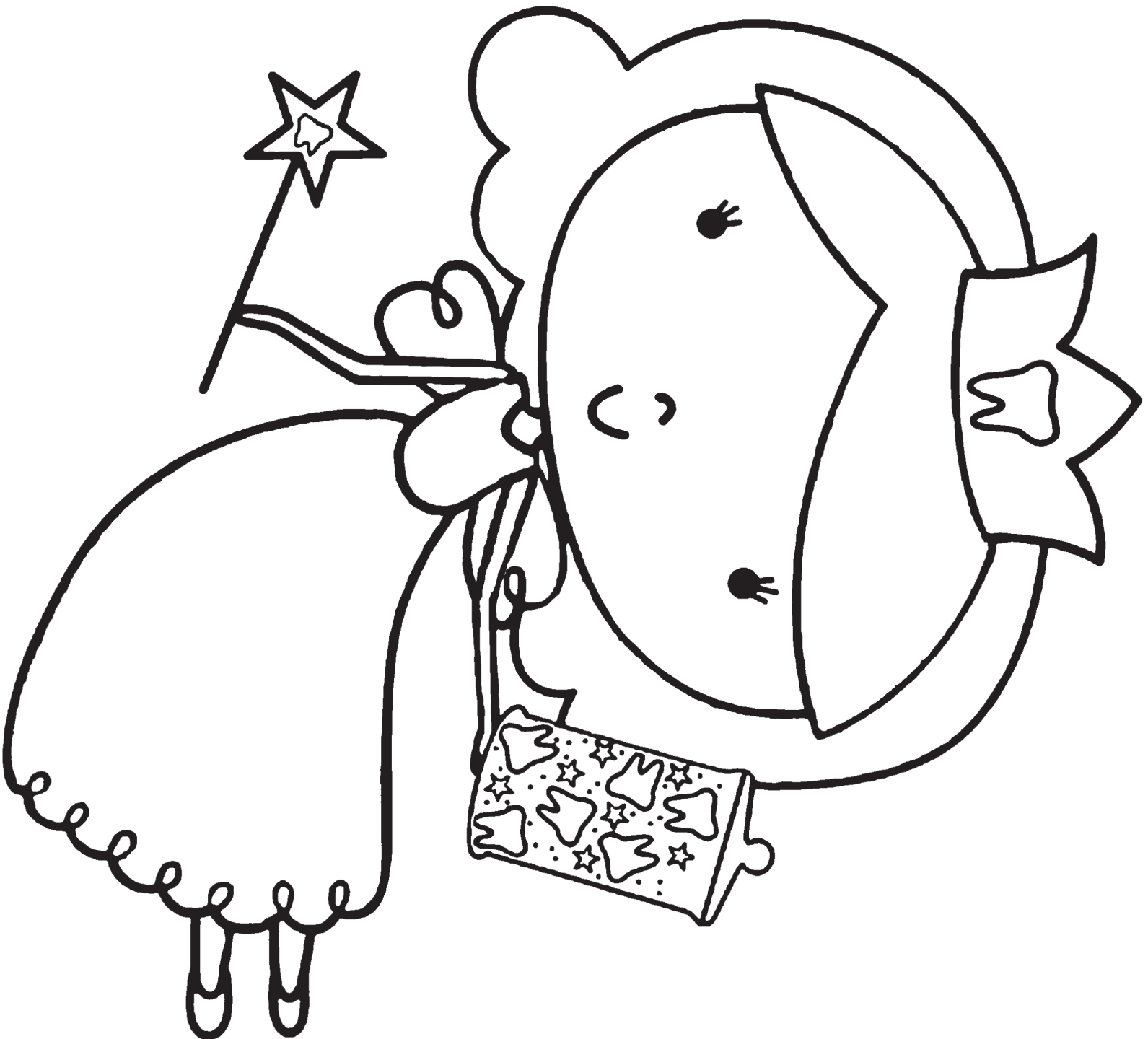
Acid drinks such as fizzy or fruit based drinks can cause tooth erosion.

Water and milk are the best choice for young teeth.

Visit the dentist.

Sugary lollipops are particularly bad for teeth - try to avoid them to avoid decay





**Tilly the tooth fairy says “to keep your teeth
shiny and bright make sure you brush them
morning and night”**



Kevin the tooth fairy says “to keep your teeth shiny and bright make sure you brush them morning and night”.