

# 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.**

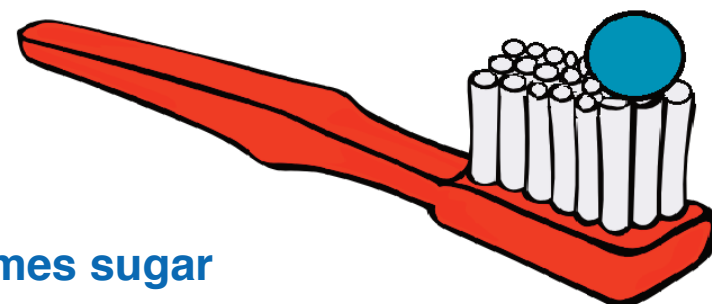
**Reduce frequency of times sugar passes over teeth.**

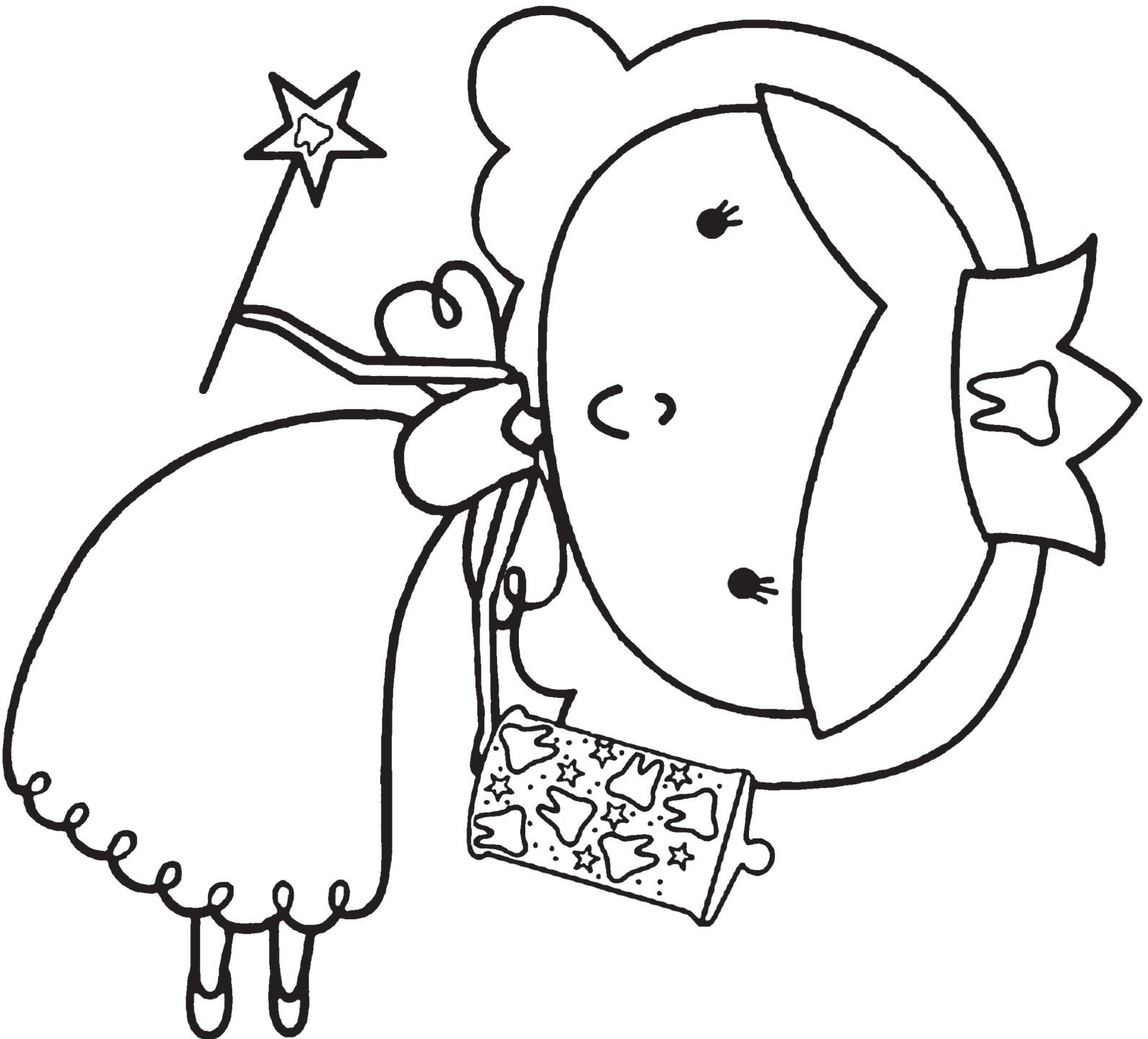
**Acid drinks such as fizzy or fruit based drinks can cause tooth erosion.**

**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”**