



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

TEETH ALERT

Your child's teeth need your help!

The Dental Health Promotion team
visited 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.

Items containing sugar should be kept
to mealtimes only.

Use a peas size blob of
fluoride tooth paste.

Brush twice a day.

Spit do not rinse.

Reduce frequency of time sugar passes over the teeth.

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

Water and milk are the best choice of drink for young teeth.

Visit the Dentist regularly.

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