

How to Have a Bright Smile!

Good oral health is an important part of your child's overall health. Follow these steps for a Bright Smile that can last a lifetime!

1

Brush teeth

twice a day with fluoride toothpaste; after breakfast and before bedtime



2

Limit sugary snacks

and drinks to reduce the risk of cavities



3

Visit your dental professional

regularly to help maintain good oral health habits



4

Floss your child's teeth

daily (once they are touching) to remove plaque



Change your toothbrush every 3 months



Turn off the tap when brushing



Good oral health starts early



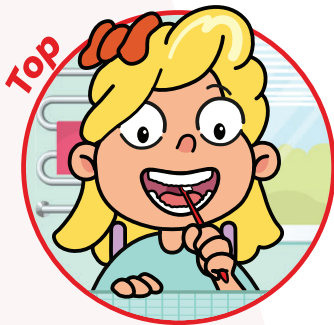
Help make your **child's smile last a lifetime** by sharing these important messages and preventing problems before they occur.



How to Brush

Children should brush with a soft-bristled toothbrush and an age-appropriate toothpaste, with the help of Mum, Dad or their Carer.

Brush all tooth surfaces: top and bottom, inside and out. Don't forget the tongue!



My Brushing Chart

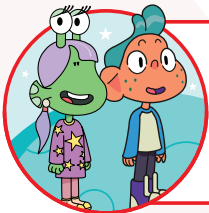
My name is:

























































(Child's Name)

I brush twice a day with fluoride toothpaste, after breakfast  and before bedtime .

For the family: Be sure that your child brushes for 2 minutes and uses fluoride toothpaste.

Have your child make a tick after brushing. Remind other family members to brush too - and have them tick the box!



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