

Five Key Oral Health Messages



1.
Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



2.
Choose milk and water to drink - they're kinder to teeth.



3.
Visit the dentist when the first tooth appears and then as often as your dentist recommends.



4.
Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.



5.
Spit out, don't rinse the fluoride toothpaste away!