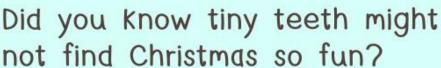


Have a tooth friendly Christmas!



Here are some tips to keep tiny teeth healthy this festive season:

- Brush teeth twice a day with fluoride toothpaste
- Brushing should be supervised by an adult (until 7 years old)
- Spit out after brushing do not rinse with water
- Try to avoid sugary or fizzy drinks.
 Plain milk and water are the best drinks for teeth
- Only offer sugary treats at meals times. Choose healthier snacks between meals such as fresh fruit and vegetables





