




Have a tooth friendly Christmas!



Did you know tiny teeth might not find Christmas so fun?

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



Happy
Christmas!

