

# Top Tips for Children's Teeth



**B**rush your teeth twice a day, to keep them happy without decay

**R**educe sugary drink and food, eating just at mealtimes is good

**U**se fluoride toothpaste too, check it's the right age for you

**S**mear of toothpaste is OK. Spit - don't rinse the paste away  
(A smear for under 3s, a pea sized amount for 3-6s)

**H**appy teeth have lots of fun, so visit a dentist before you're one