






Brush your teeth twice a day

How to Brush

-  Place the brush at an angle along the outer gum line. Wiggle it gently up and down. Repeat for each tooth.
-  Brush the inside surface of each tooth, using the wiggling technique in step 1.
-  Brush the chewing surfaces at the back.
-  Use the tip of the brush to brush behind each front tooth, both top and bottom.
-  Don't forget to brush your tongue!

SPIT don't RINSE:

After brushing spit out the toothpaste but do not rinse out with water or mouthwash. And don't forget to brush your teeth last thing before you go to bed at night.

Foods that are bad for your Teeth

Sweets
Chocolate
Biscuits
Fizzy drinks
Squash
Fruit Juice and Smoothies
Sticky crisps (wotsits)



Good Snacks

Fruit and Salad
Apples
Bananas
Grapes
Carrot sticks
Pitta Bread and hummus
Rice cakes
Nuts and Seeds
Crackers and Cheese
Potato Crisps



Drink water or milk between meals