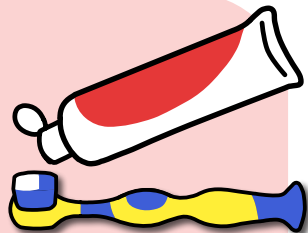


How to keep your teeth clean



- ✓ Use a small amount of fluoride toothpaste
- ✓ Use small circles to brush all the surfaces of your teeth - back teeth and front teeth, inside and outside - and scrub the chewing surfaces
- ✓ Brush your teeth once in the morning and once in the evening for 2 whole minutes
- ✓ Floss your teeth to remove plaque between your teeth
- ✓ And don't forget to change your toothbrush every 3 months

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Eat and drink healthily



- ✓ Remember to eat lots of fresh foods for breakfast, lunch and dinner
- ✓ Vegetables, fruit, cheeses and lean meats are the best!
- ✓ Try to limit sugary foods, for example biscuits, sugary cereals and muesli bars – these high sugar foods are not good for your teeth
- ✓ If you're thirsty have water or milk and limit sugary drinks

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Visiting your dentist regularly



- ✓ Go to the dentist with your mum or dad
- ✓ The dentist will ask you to sit in a big chair and put on some special glasses
- ✓ The dentist will have a look inside your mouth to make sure your teeth are healthy

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Why is oral health important?

- ✓ Globally, between **60-90% of school children** experience cavities in their teeth*
- ✓ Research shows that the earlier children learn about good oral health, the better their long-term oral health will be
- ✓ Poor oral health is also shown to impact factors such as performance at school, social skills and self-esteem

*Source: FDI World Dental Federation



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