

Keep clean



Brush teeth twice per day for 2 minutes – brush once before bed and one other occasion.



Use toothpaste that contains no less than 1000ppm of fluoride.



Make bathtime fun by playing with bubbles, toys or empty bottles, jugs and sponges.



**Children under age 3:
Use only a smear of toothpaste.**

**Children aged 3-6 years old:
Use a pea size amount of toothpaste.**



Scan the QR code for further information and ideas

