

HOW TO keep your teeth HEALTHY



1

Eat well

to keep your teeth healthy



Healthy Options:
vegetables, legumes, fruit,
cheese, yogurt, bread or nuts.



Avoid **unhealthy** sugary
foods such as cake, biscuits,
ice cream or chocolates.

2

Drink well

drink tap water, it is safe and
protects your teeth



Tap water is best.
It contains fluoride, which helps
to protect your teeth.



Avoid **sugary drinks** such as,
fruit juice, soft or fizzy drinks.

3

Clean well

brush your teeth in the
morning and night



Use **fluoride toothpaste**
and a toothbrush with a
small head and soft bristles.

Brushing your teeth and
gums helps to reduce the
amount of bacteria that
can cause problems in
your mouth.

4

Stay well

visit the dentist once a year
for a check-up and cleaning

Visit a dental clinic
for a check up,
don't wait until
it hurts.



Health
Centre for
Oral Health Strategy



Babies' Teeth

- Breast milk is best for babies and is the only food and drink they need until they are about 6 months old.
- Do not put your baby to bed with a bottle.
- Only put milk or water in bottles.
- Start using a cup at 6 months and stop using a bottle by 12 months old.



Children's Teeth

- Children's first teeth are important and need to be looked after carefully.
- You should help brush your child's teeth until they are about 8 years old.
- Take your child to a dental clinic for their first checkup before they turn 2.
- There are public dental clinic that will not cost any money.

Between visits to a dental clinic, check your child's teeth yourself.



Healthy children's teeth.



Make a dental appointment now.



Make a dental appointment now.



Get urgent dental treatment **NOW**.