



# LOOKING AFTER OUR CHILDREN'S TEETH IS AS SIMPLE AS 1, 2, 3

1



Remember to brush teeth twice a day for 2 minutes.

Children under 3 years should use a smear of fluoride toothpaste.

Children 3 years and above should use a pea size amount of fluoride toothpaste.

2

Remember to limit sugary food and drinks to mealtimes only.



3



Remember to visit the dentist regularly.



Find out more

[www.nottinghamoralhealth.com](http://www.nottinghamoralhealth.com)

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