Water
Good choice - Tooth-friendly
MILK

Good choice - Tooth-friendly
Ready to drink fruit drinks

Tooth-friendly only at meal times
Unsweetened fruit juice
Tooth-friendly only at meal times
Fizzy drink
Not tooth-friendly
Jane is at the dentist. Look at this picture and see if you can find four hidden teeth.
WINNING SMILE RAP

Use fluoride toothpaste the size of a pea,
Use a good brush -- are you listening to me?
Brush for three minutes -- the length of a song
Brush morning and night and you can’t go wrong!

This rap has been developed to re-inforce the message of toothbrushing for children. It has proven effectiveness as an educational tool with Den TV national television.