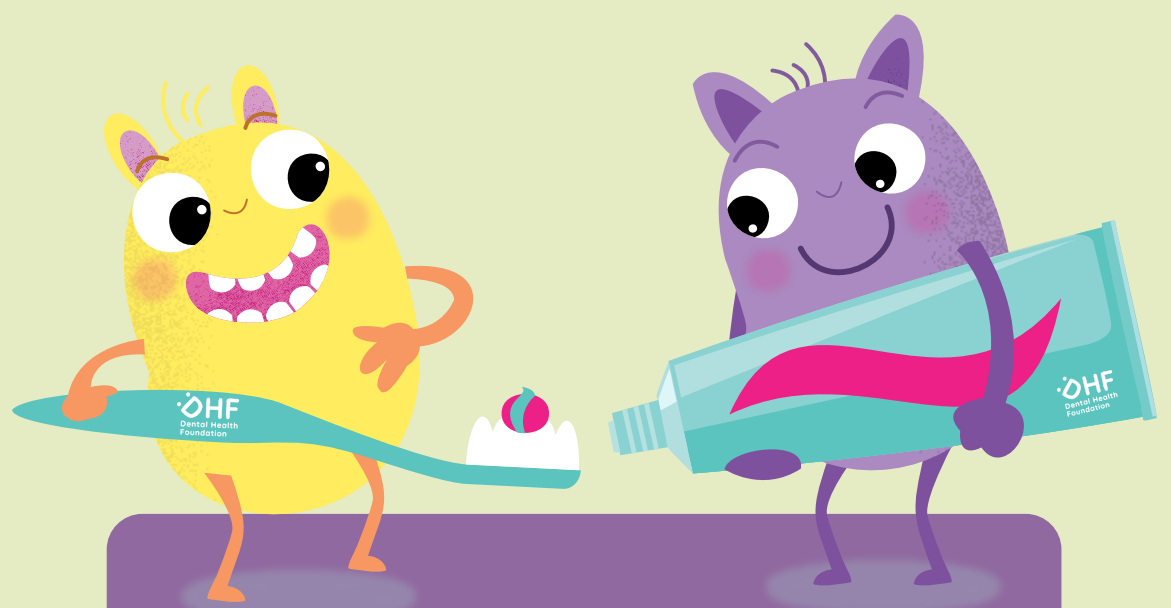


Toothbrushing tips

2-7 years

Before bedtime and at one other time in the day, help your child to brush their teeth.



Use a pea-size amount of fluoride toothpaste.



Do not swallow toothpaste.
Spit out after brushing.
Do not rinse.



Visit your dental team at least once a year for a check-up and advice.