

# HOW TO PROTECT YOUR MOUTH FOR KIDS

DID YOU KNOW A HEALTHY MOUTH HELPS PROTECT YOUR BODY TOO?

FOLLOW THESE TIPS FROM TOOTHIE TO HELP YOU LOOK AFTER YOUR TEETH AND MOUTH PROPERLY.



## BRUSH EVERY MORNING AND NIGHT



Use a **fluoride toothpaste**.



Brush all the sides and surfaces of your teeth for **2 minutes**.



After brushing, spit **don't rinse**.

## VISIT THE DENTIST REGULARLY



The dentist will ask you to **open your mouth wide**.

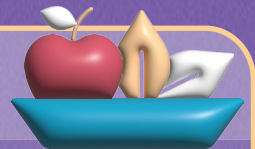


The dentist will check your **teeth are growing properly**.



The dentist will help keep your teeth **clean and healthy**.

## EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



Too much **sugar is bad** for everyone.



Sugary drinks and unhealthy snacks between meals can **cause holes in your teeth** if you have them too often.



Our **mouths and bodies are stronger** and healthier when we have healthy food and drinks.



World Oral Health Day  
20 March

[worldoralhealthday.org](http://worldoralhealthday.org)

