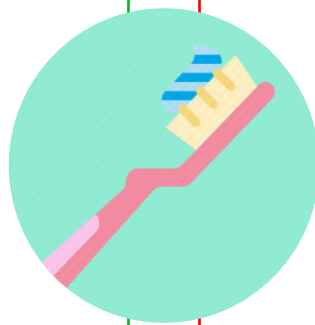


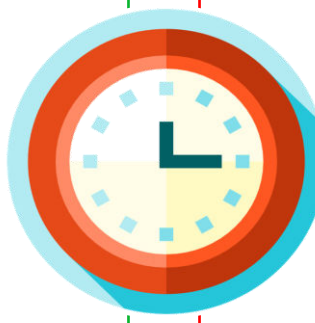
Do's & Don'ts for Healthy Teeth

DO

Brush teeth every morning and night



Brush teeth for 2 minutes each time



Brush teeth with a fluoride toothpaste
(containing at least 1,000 ppm fluoride)



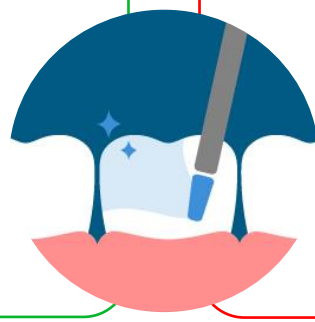
Drink water, and have 3 meals + 1 snack each day



Regular dental check-ups from age 1



Dentist paints fluoride varnish on teeth twice a year from age 3



DON'T

Give your child milk during the night time

Let your child rinse with water after toothbrushing

Give your child frequent snacks between mealtimes

Take your child to the dentist only when there is pain or a problem