December's "Top Tips for Teeth"

The dental nurse says……..



Santa's little elves are very busy at this time of year.

They know how important it is to look after their teeth this Christmas.

If their teeth are healthy, they can be happy in their work and can have lots of fun playing naughty tricks on Santa!

They know that too many chocolates, biscuits, cakes and sweets are bad for their teeth & could cause toothache.



To look after your smile this Christmas:



Remember to brush those teeth morning & night with a family fluoride toothpaste.

Use a pea sized blob of toothpaste (a smear for under 3's)

Spit out the toothpaste do not rinse.

Limit how many sugary snacks & drinks you have, keep them to mealtimes only!

A healthy smile is a gift for life!

