TIPS FOR A HEALTHY SMILE

- Brush 2x a Day
- Use Fluoride Toothpaste
- Spit, Don’t Rinse
- Get Flossing
- Regular Dental Checks
- Mouth Guards for Sport
- Drink Water or Milk
- Healthy Snacks = Healthy Teeth

CALL 0800 TALK TEETH
(0800 825 583) www.letstalkteeth.co.nz

New Zealand Government