

APRIL TOP TIPS FOR TEETH

Spring is here along with daffodils, sunshine and longer days.

April is great for fun times with friends and family.

This April let's take time to:

- ✚ Visit the dentist for regular check-ups, as often as they recommend.
- ✚ If the bristles are starting to look worn out on your toothbrush, throw it away and get a new one to make sure that the toothbrush can remove the germs from our teeth and gums.
- ✚ Drink tap water while we enjoy all those outdoor activities. It contains a special ingredient called 'fluoride' that helps to strengthen our teeth.
- ✚ Enjoy healthy fresh fruits as snacks in between meals, such as strawberries, cherries, blueberries and plums.
- ✚ Keep easter eggs or sweet treats to mealtimes only and have them as a pudding.
- ✚ Brush our teeth twice a day with a family fluoride toothpaste, last thing at night and any other time during day.

