



8-12 years

**Straight from the
horse's mouth...
Healthy teeth are
where it's at...**

**Make a habit of brushing
your teeth and watch what
you eat and drink.**



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**Dental Health Foundation
Ireland**

**For tips please
turn over**



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Visit your dental team once a year for advice and a check up to prevent tooth decay, gum disease

Tooth Tips

- 😊 Always brush twice a day, at bedtime and one other time during the day 
- 😊 Use a soft/medium toothbrush and fluoride toothpaste (at least 1,000 ppm)
- 😊 Clean every tooth
- 😊 Brush for 2-3 mins (about the length of a song)
- 😊 Spit, don't rinse after brushing
- 😊 Floss daily. Ask your dental team for advice on technique
- 😊 Change your toothbrush when bristles are worn 

Diet

- 😊 Choose healthy snacks and drinks between meals such as whole fruits. Limit sweets, chocolate, biscuits and sugary drinks to mealtimes 
- 😊 Unflavoured milk and water are the most tooth friendly drinks
- 😊 Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened 
- 😊 Read food labels for sugar content. Less than 5g per 100g is low sugar.

General Tip

- 😊 Always wear a mouthguard when playing sports to help reduce the risk of dental injuries