Take Care of Your Smile!

8-12 years old

To help prevent tooth decay, brush your teeth twice a day for 2-3 minutes with a fluoride toothpaste of 1450 parts per million (ppm). Spit out, don't rinse after brushing. Replace your toothbrush every 3 months or when the bristles are worn.

Choose healthy snacks and drinks between meals such as whole fruits. Avoid sugary drinks and snacks which can cause a tooth acid attack, decay, and tooth wear. Unflavoured milk and tap water are the most tooth friendly drinks.

Floss daily to remove food that may have become trapped and can cause gum inflammation, tooth decay and bad breath.

Let your loose teeth fall out naturally and avoid pulling them. Visit your dental team once a year.

Wear a mouthguard when playing sports to protect your mouth and lower the risk of dental injury.

Less sugar and brushing twice a day means less tooth decay!

ÖHF
Dental Health Foundation Ireland