



Greater Manchester
Local Dental Network



change
4 life

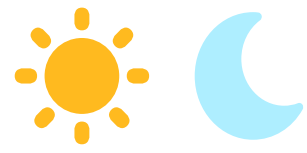
Top tips for teeth



Avoid sugary drinks – Plain water and milk is best



Brush **2**
times a day

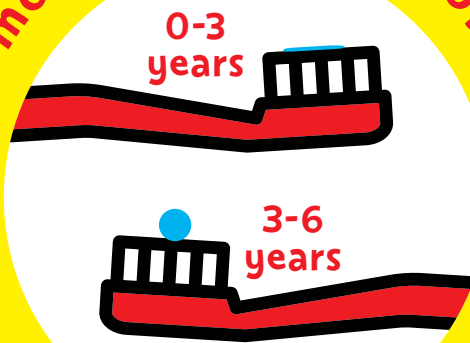
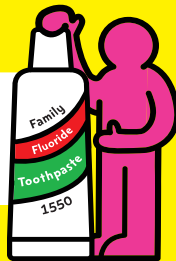


Ask your dentist about fluoride varnish to make your child's teeth stronger

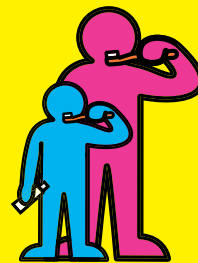


Little mouths need less toothpaste

Spit, don't rinse



Visit your dentist before your child is 1 year old



Help children with brushing until age 7

Don't forget to be sugar smart! Download the Change4Life Food Scanner App to find out what's in your food and drink.

Search Change4Life to find out more.



start
4 life

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