

Just spit out the toothpaste



No rinsing, let the fluoride do it's job!

Other oral health messages for little ones

Teething – it can help to give a teething baby something hard to chew on, such as a teething ring



Dummies can help to soothe and settle baby but often, using them for long periods of time, can become a habit and cause a number of problems



Lift the lip - encourage parents to lift their child's lip every month and look for changes on their teeth

