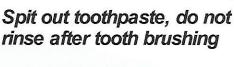
Tips for a healthy smile

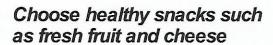
Fluoride Varnish can help protect your child's teeth against tooth decay, but there are five important things that you can also do to ensure healthy teeth and gums.



Remember to brush teeth every morning and night with a pea-sized amount of family fluoride toothpaste



Limit sugary food and drinks to mealtimes



Visit the dentist regularly



For further information about the fluoride varnish programme, or if you have any questions please contact Kamini Shah, Consultant in Dental Public Health on:

Kamini.Shah@phe.gov.uk