

# 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***



***Spit out toothpaste, do not rinse after tooth brushing***



***Limit sugary food and drinks to mealtimes***



***Choose healthy snacks such as fresh fruit and cheese***



***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](mailto:Kamini.Shah@phe.gov.uk)**