

# Tips for *Healthy Mouth*

“Mojo” the Monkey would like to help you to have a happy and healthy mouth He’s got load of tips and ideas about how to give you a Happy & Healthy Smile!



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**DentalCareXtra**

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# Health Mouth Tips for kids

- Brush your teeth twice a day, after breakfast and before going to bed
- Use a soft bristled tooth brush
- Parents should help and check teeth until 7 years old
- Tooth paste with fluoride to help protect against cavities.
- Floss teeth if they are touching with parents help
- Cordial, Juice and Fizzy Drink should be limited or only at meal times. Water and milk are great for your teeth.
- Have a varied and healthy diet with fruit and vegetables.
- Get regular dental check-ups every six months.
- Try and brush all the areas in the mouth including the tongue. Brush the outside, the inside and the tops of teeth.
- To brush behind the front teeth turn the brush on an angle.
- Don't forget to clean the teeth right at the back.
- Two minutes, to make sure you haven't missed any areas. If it helps you could try and play a song while you brush.
- Try not to scrub the teeth too hard, soft circular motions are best.



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