

YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME

HELP YOUR CHILDREN TAKE CARE OF THEIR TEETH

By following these tips, you can help your child develop good oral hygiene habits for a lifetime of healthy smiles!



Lead by example

- Let your child see you brushing and flossing regularly.
- Make it a fun family activity.
- Encourage brushing twice a day ~ in the morning and before bed.
- Floss at least twice a week.

Teach them how to brush their teeth

- Supervise young children to ensure they clean all areas.
- Give simple instructions and allow them to do it themselves.

Visit the dentist regularly

- Take them for their first dental visit by their first birthday.
- Continue with check-ups at least once a year.

Encourage smart snacking for oral health

- Limit sweets, sugary foods, and sugar-filled drinks – make water their main drink.
- Offer alternatives like cheese, nuts, or fresh fruits and vegetables.
- Encourage them to rinse their mouth with water after every meal or snack.
- After brushing teeth at night, do not let them eat or drink anything other than water before going to bed.



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