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**How to brush**
- Take one to two minutes to brush well.
- Use a small amount of fluoride toothpaste and a small, soft brush.

1. **Top insides**
   - Jiggle along every tooth making sure you clean down to the gums.

2. **Bottom insides**
   - Jiggle along every tooth making sure you clean down to the gums.

3. **Chewing surfaces**
   - Brush along the top and bottom back teeth.

4. **Outsides**
   - Brush using a circular or up and down motion. Start on one side and go all the way to the other side.

Clean your teeth like this two times every day.

Parents should assist with toothbrushing until child is about eight years of age.

Keep toothpaste out of reach of small children.

**WHAT CAN YOU DO?**
- Eat a diet low in sugar. Do not pass your ‘sweet tooth’ on to your children by adding sugar to food or offering sweet sugary foods as snacks. Think of snacks as mini-meals to remind yourself to offer only healthy foods. Fruit is a good choice as is bread with low fat/low sugar fillings, plain popcorn, vegetables such as corn cobs, carrot sticks and plain yoghurt with fresh fruit. Make snacks fun to eat eg: arrange pieces of fruit into the shape of a face or animal.

**SUGAR**

**DID YOU KNOW?**
- Sugary drinks consumed often will increase the risk of tooth decay.
- Fruit juice, cordial and soft drinks are all high in sugar. It is not necessary to include fruit juices in the diets of infants, children or adults.
- Eating 2 serves of fruit and 5 vegetables a day will provide the required vitamin C, plus other important minerals, nutrients and fibre.

**WHAT CAN YOU DO?**
- Fresh cool water is the best and cheapest thirst quencher of all. Encourage your family to drink water rather than fruit juices or sweetened drinks when thirsty. Try to cut drinking soft drinks, cordials, and fruit juices, to once or twice a week.