

Simple steps to improve your oral health:

- Prevention Is Better Than Cure -



Oral Habits

Tip 1

Brush your teeth for 2 mins, 2 times per day (morning & night)



Using a fluoridated toothpaste (1450ppm)



Tip 2

Replace a new toothbrush when...



1. Bristles flare out



2. > 3 months



3. After an illness

Tip 3



Rinse your mouth well after meals to remove food trapped

Diet

Tip 1



Parents to monitor child's diet closely.

Limit sugary foods to once-twice a week!

Tip 2



Reduce snacking frequency



3 main meals and 2 snacks

Tip 3

Scan here for healthier foods options!



“

Tilt your toothbrush 45 degree towards the gum line, brush in a circular motion, 10 times each segment.

”

1. Outer Surface



2. Inner Surface



3. Chewing Surface



4. Brush the tongue

