

Simple and practical steps to improve your oral health:

- Prevention Is Better Than Cure -



Oral Habits



Diet

Tip 1

Brush your teeth **2 times/per day** (morning & night)



Using **small & soft-bristled** brush for **2-3mins**.



Tip 2



Using a **fluoridated toothpaste (1450ppm)**



Do remember to **spit out** your toothpaste

Tip 3

Replace a new toothbrush when...



1. Bristles flare out



2. > 3 months



3. After an illness

Tip 4



Reduce snacking frequency



3 well-balanced meals

Tip 5



Parents to **monitor** child's diet closely.

Limit sugary foods to **once-twice a week!**

Tip 6

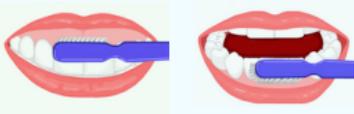


Rinse your mouth after each meals. But this **should not** replace brushing!

Tip 7

“ 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**



We are here to help

Visit the school dental clinic if your child experiences any toothache/whenever you have any concern about his/her oral health.



Parents' support

Parental supervision and guidance play a significant role to help the child cultivate good oral hygiene habits!

