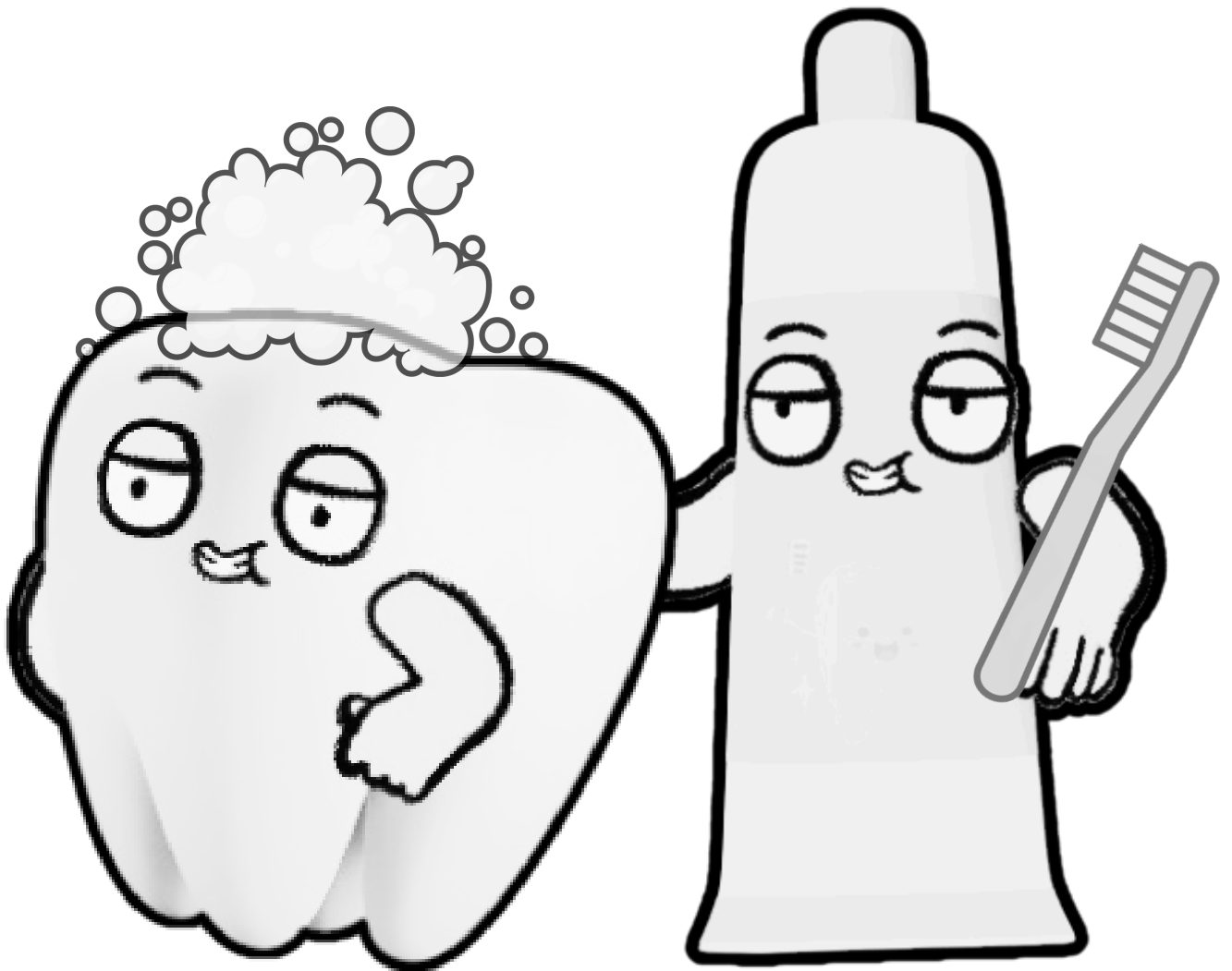


Tooth & Paste



TOP TIP

Children up to 7 years old should be supervised when brushing their teeth



healthwatch
Warrington

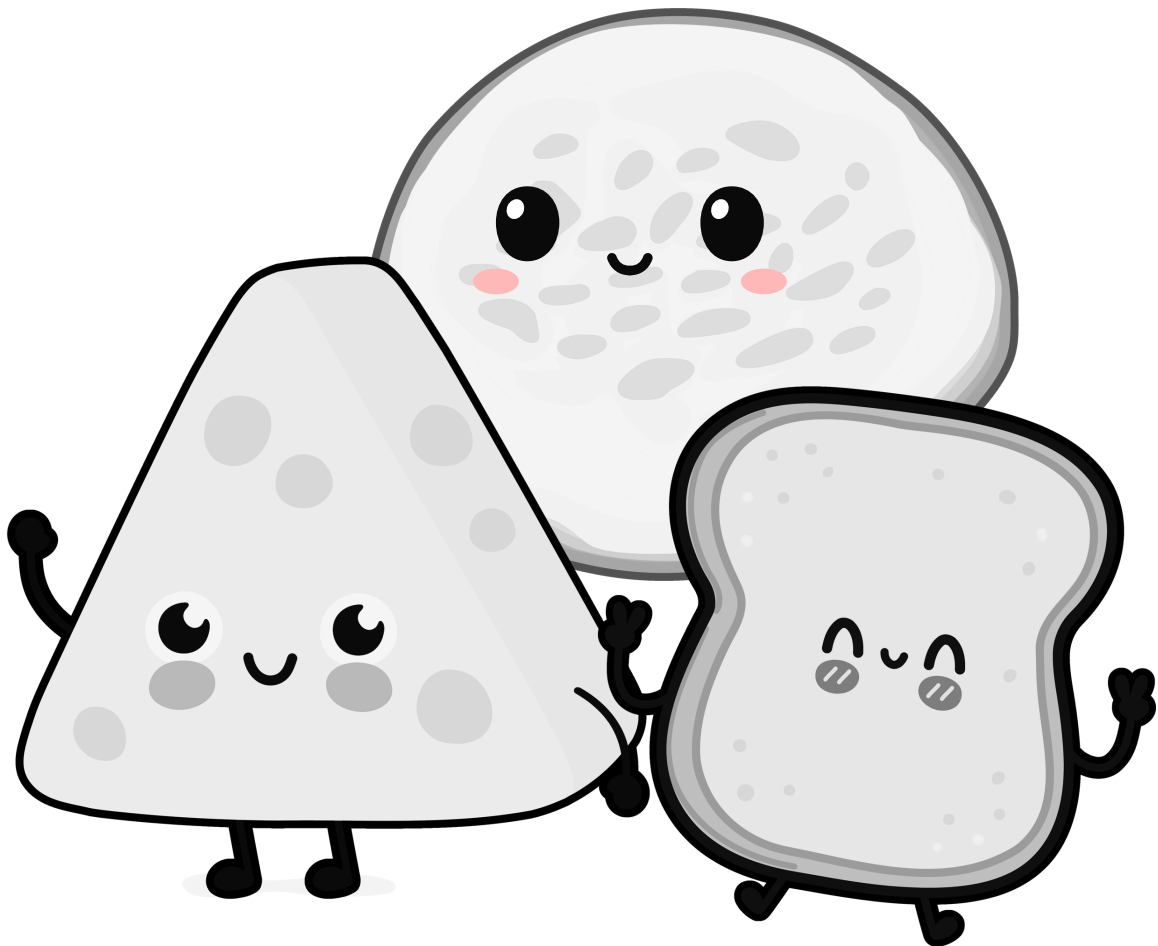


Tooth & Paste



TOP TIP

A list of teeth-safe snacks can be found on Healthwatch Warrington's website.



healthwatch
Warrington

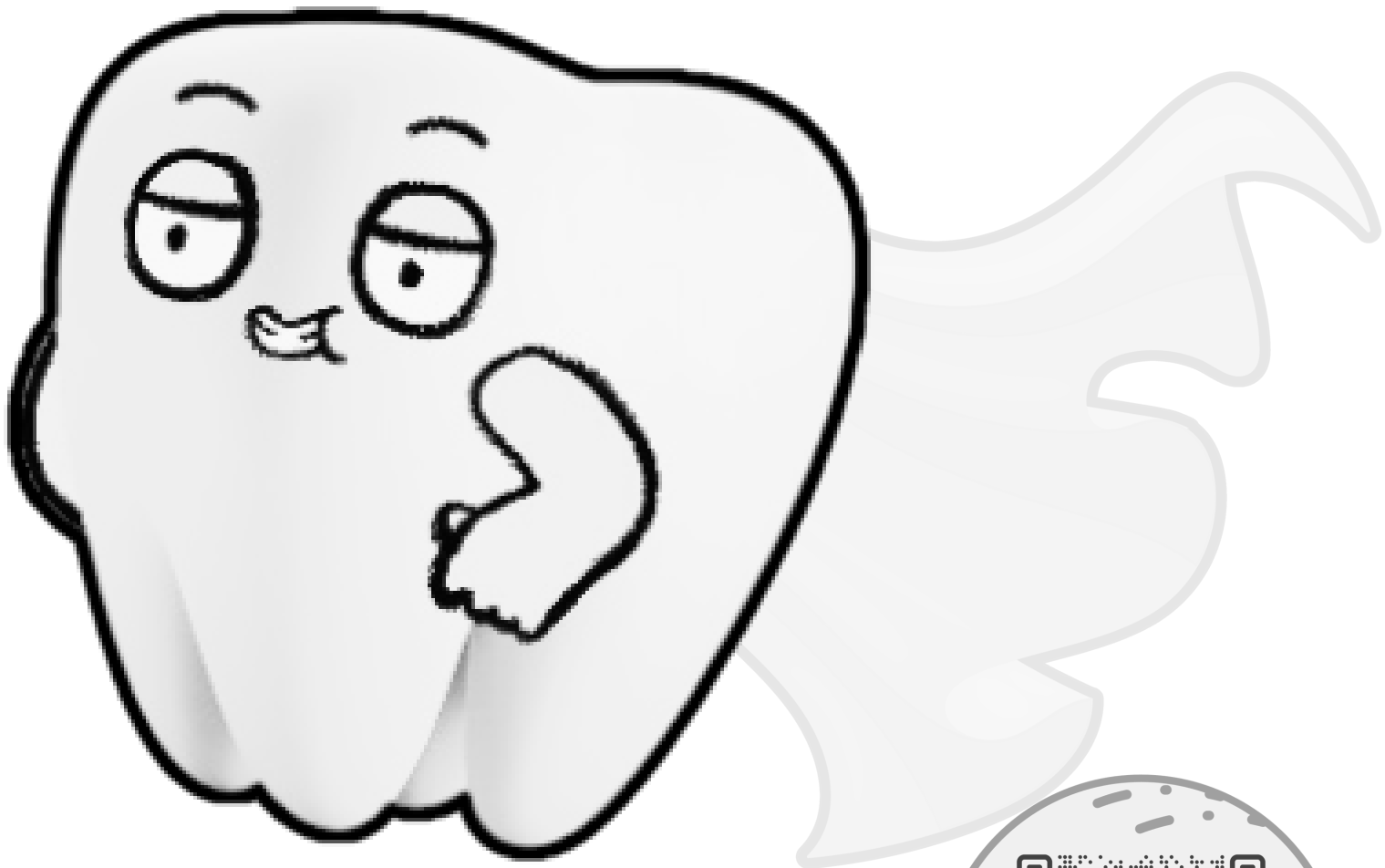


Tooth & Paste



TOP TIP

Don't use mouthwash straight after brushing
as this can wash away the fluoride!

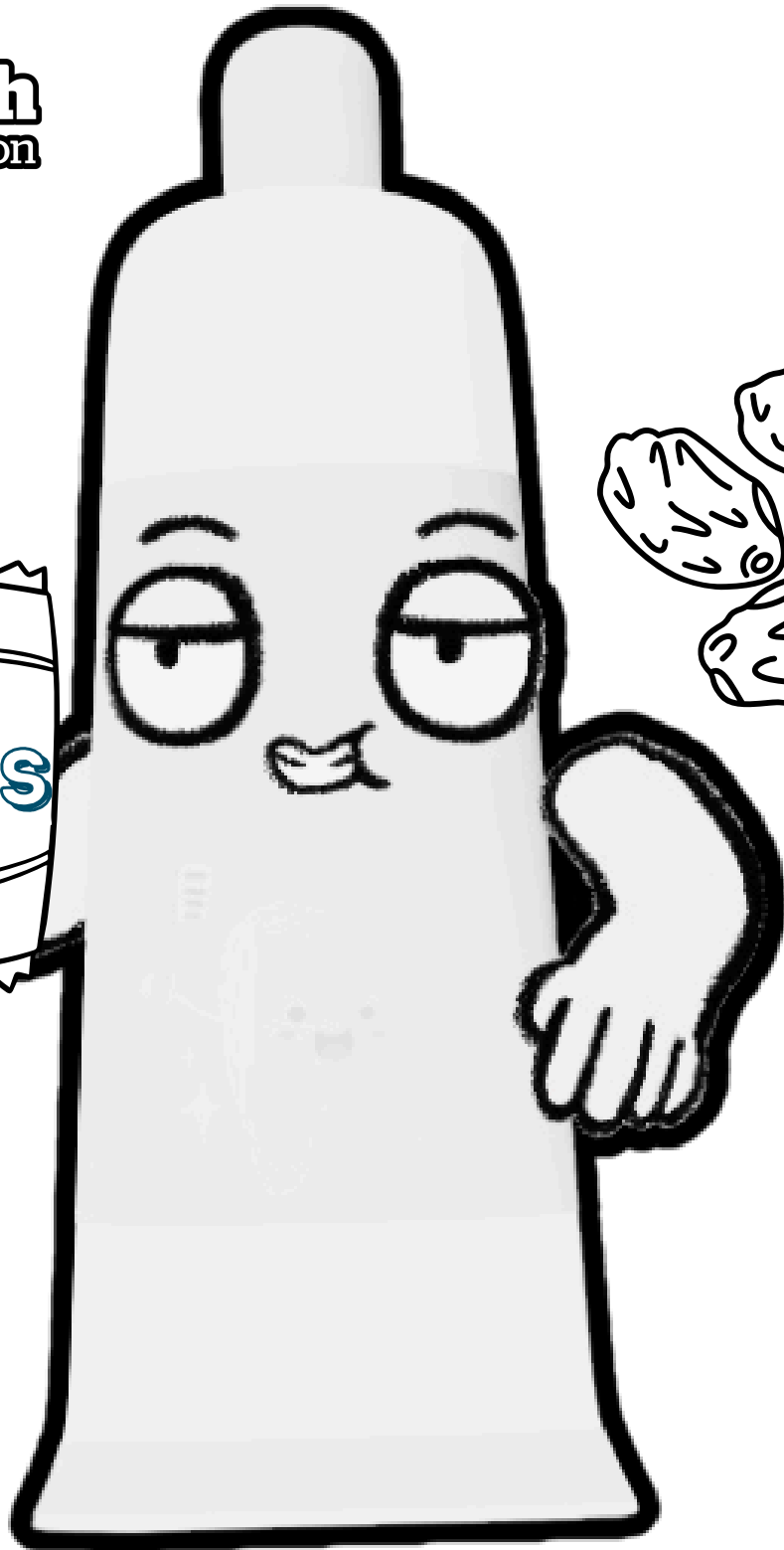
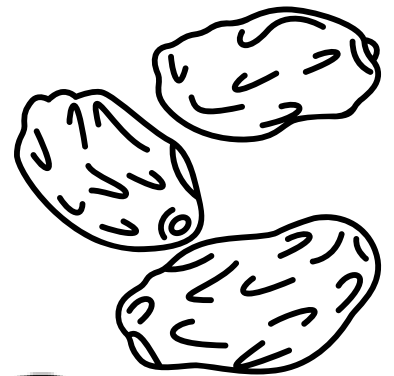


healthwatch
Warrington



Tooth & Paste

healthwatch
Warrington



TOP TIP

Dried fruit like raisins are NOT good for your teeth. try to keep them to meal times