

Be smile smart.



Caring for your kids' teeth and gums is as easy as:

1

Swap
sugary
treats for
healthier
options



2

Brush twice
a day with
fluoride
toothpaste



3

Spit don't
rinse after
brushing



Scan the QR code or visit:
northeastnorthcumbria.nhs.uk/nhs-dentistry



HERE
TO
HELP