



BRUSH your Teeth



love your smile



✓ Brush for 2 minutes last thing at night and one other time in the day, with a fluoride toothpaste

✓ Water and milk are safe to drink between meals

✓ Keep sugary foods and drinks to mealtimes only to help reduce the risk of tooth decay

✓ Choose snacks that are sugar free

Community
Dental
Services

Created by Sofia Terry
aged 8 in Lincolnshire,

National Smile Month
2023 competition winner

Lincolnshire
COUNTY COUNCIL
Working for a better future