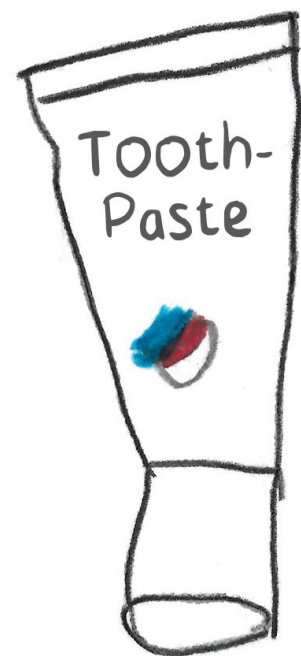




# WHEN YOU **BRUSH** YOUR TEETH YOU SMILE LIKE A **CROCODILE!**



- ✓ Spit out after brushing and do not rinse, so the fluoride stays on your teeth longer
- ✓ Use mouthwash at a different time to brushing
- ✓ For children over 3 use a pea sized amount of toothpaste
- ✓ For children under 3 use a smear of toothpaste

Community  
Dental  
Services

National Smile Month  
2023 competition runner up

Lincolnshire  
COUNTY COUNCIL  
*Working for a better future*