

Be smile smart.

NHS



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