

# Our teeth!



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**Our teeth are  
amazing!**



**They help  
us to...**

smile and laugh,



**eat healthy  
foods**



and chat to  
our friends.

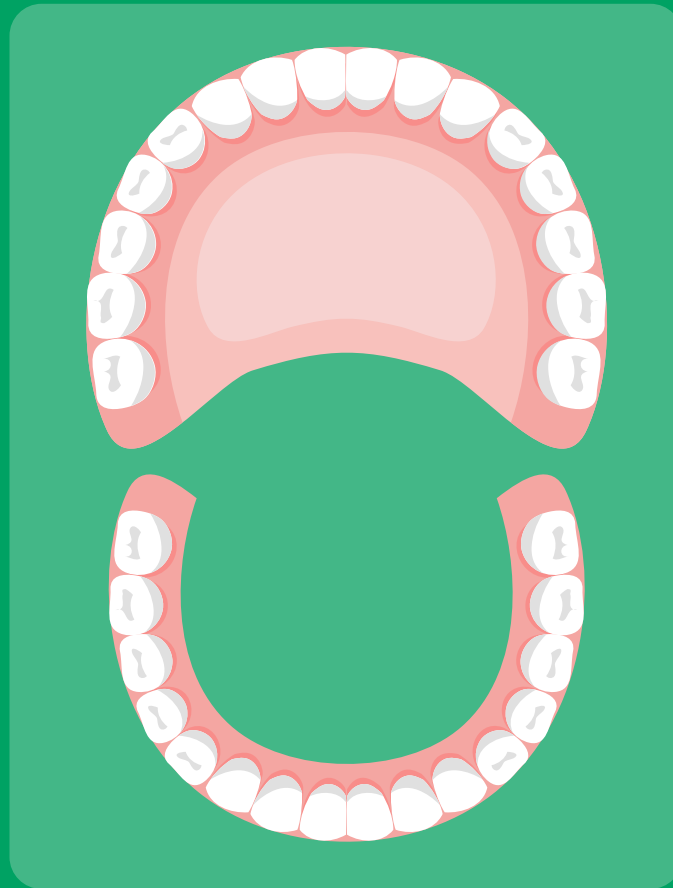


**There are 20  
baby teeth**





and 32  
adult teeth.



**If we don't  
look after  
our teeth,  
they might  
get holes.**

**They might even  
start to hurt.**



**To keep  
our teeth shiny  
and bright,  
we need to...**

# 1. Brush morning and night with fluoride toothpaste



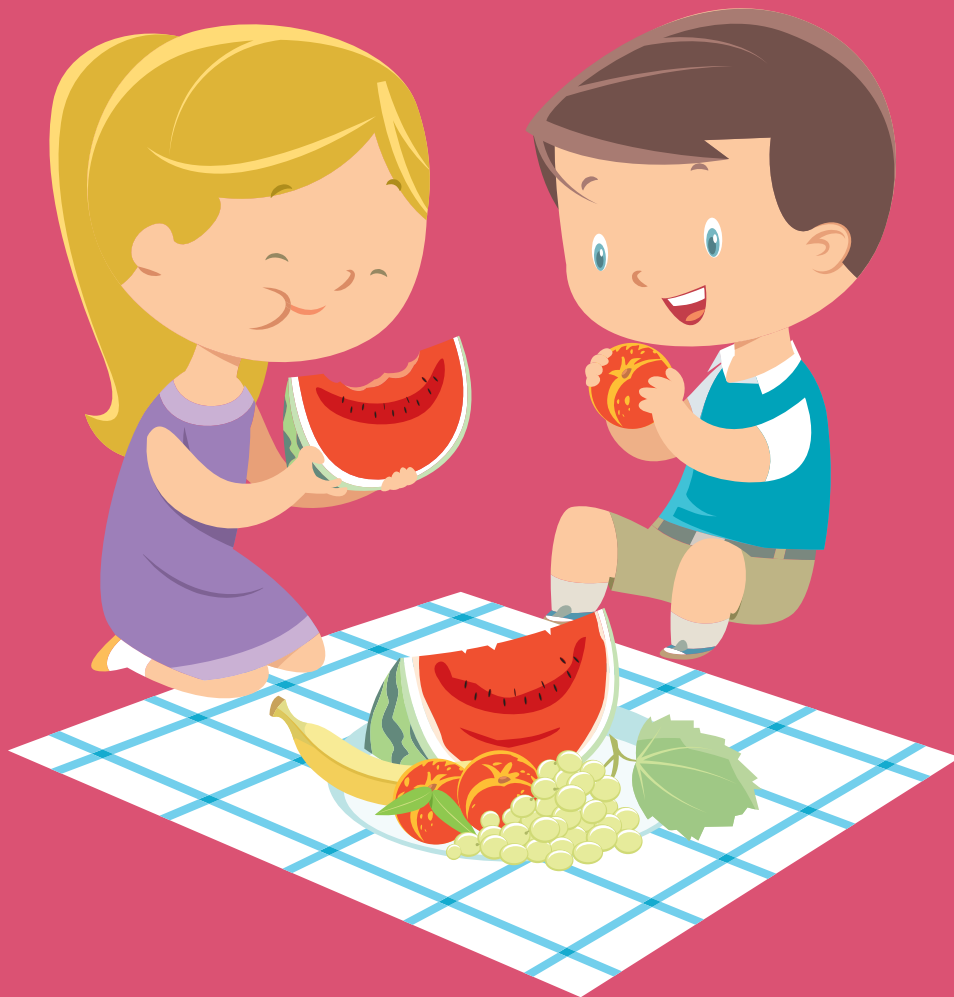
## 2. Drink tooth friendly tap water



### 3. Avoid sugary food and drink - like lollies, cake and soft drink



# 4. Eat healthy foods - like fruit, vegetables and cheese





# 5. Have regular dental check-ups



**If we look after  
our teeth...**

**they will stay strong  
and healthy.**



# For our



# whole life!



**All babies, children and young people  
under 18 years, are welcome to attend  
a School Dental Service clinic.**

**There are no out-of-pocket costs  
for children not yet at school,  
and children eligible for the  
Child Dental Benefits Schedule.**