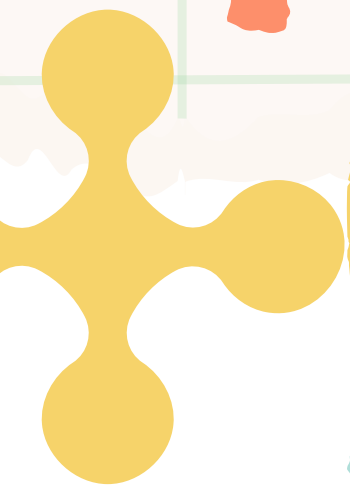




**BANANA MOON
DAY NURSERY**



HOW TO PROMOTE ORAL HEALTH

Drink Water!

Water helps wash away food and sugar from your teeth!

Drink water after eating or drinking sugary things.

Brush Twice a Day!

Brushing helps remove plaque and keeps teeth strong and healthy.

Make sure to do it in the morning and before bedtime. It is best to use a small, soft toothbrush and fluoride toothpaste!

Avoid Sugary Drinks & Prolonged Bottle Use

No fizzy drinks, juice, or sugary milk at bedtime.

Encourage cups instead of bottles from 12 months.

Visit the Dentist Regularly!

Schedule a visit every 6 months.

The dentist helps keep your smile bright and healthy

Make Brushing Fun!

Use a toothbrushing chart and stickers. Sing songs or use an app to time brushing.

Choose Tooth-Friendly Snacks

Swap sugary snacks for fruit, cheese, and veggies.

Water and milk are the best drinks for strong teeth.

