

NHS

Greater Manchester
Local Dental Network



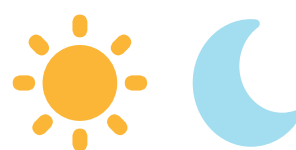
change
4 life

Top tips for teeth



Avoid sugary
snacks and drinks
in-between meals

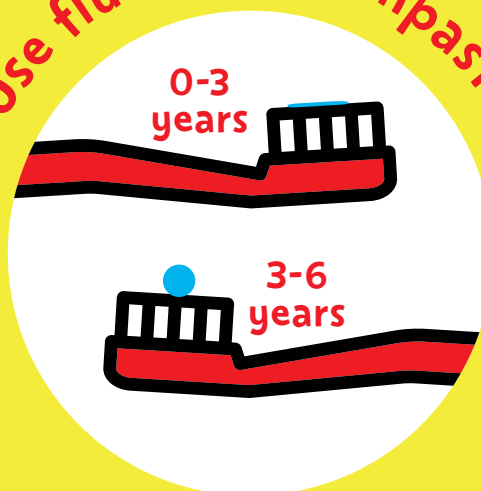
Brush **2**
times a day



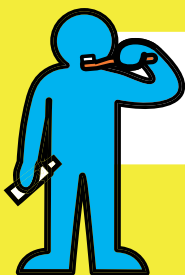
Visit your
dentist
before your
child is 1
year old



Use fluoride toothpaste



Ask your dentist about
fluoride varnish to make
your child's teeth stronger



Spit, don't rinse



Help children with
brushing until age 7

Don't forget to be sugar smart! Download
the Change4Life Food Scanner App to find
out what's in your food and drink.

Search Change4Life to find out more.



start
4 life

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