

Population and Public Health – Oral Health Program Classroom Posters

ORAL HEALTH
Good for Life

A healthy mouth is an important part of a healthy lifestyle. Keep your smile healthy for a lifetime by following these 5 steps to good oral health:

1. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don't smoke or chew tobacco.
5. Visit your dentist regularly.

ADA American Dental Association

DEFEAT MONSTER MOUTH

JUST 2MIN2X –
BRUSH 2 MINUTES, 2 TIMES A DAY
AND YOU CAN DEFEAT MONSTER MOUTH, TOO!

ADA Foundation **ADA American Dental Association**

DEFEAT MONSTER MOUTH

ADA.org/brush2x
Brush two minutes, two times a day. Check between your teeth daily. Eat a healthy diet. Visit your dentist regularly.

Just 2min2x!
Brush 2 minutes 2 times a day
to keep your smile healthy.

ENCOURAGE HEALTHY EATING AND DRINKING

- Keep all foods and drinks containing sugar to mealtimes
- Snack on fruit and/or vegetables between meals
- Drink only milk and water between meals. Keep other drinks to mealtimes

ENCOURAGE REGULAR TOOTHBRUSHING

- Brush twice a day including last thing at night
- Use a smear (under 3 years) or pea-sized (over 3 years) amount of family fluoride toothpaste
- Supervise brushing until at least 7 years of age
- Spit don't rinse after brushing

CHOOSE HEALTHY FOODS FOR A SMILE THAT'S OUT OF THIS WORLD

2MIN2X - BRUSH 2 MINUTES 2 TIMES A DAY AND EAT HEALTHY FOOD A HEALTHY SMILE!

ADA Foundation **ADA American Dental Association**

SUGAR WARS

ADA.org/sugarswars
Brush two minutes, two times a day. Check between your teeth daily. Eat a healthy diet. Visit your dentist regularly.

2min2x!
Brush 2 minutes 2 times a day
to keep your smile healthy.

Seven Steps to a Bright Smile
A smile can last a lifetime - if you take care of it.

Help your children to follow these easy steps to keep teeth and gums strong and healthy:

1. Brush teeth and gums with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime.
2. Visit the dentist regularly.
3. Floss your teeth daily.
4. Use fluoride rinse for strong, healthy teeth and gums.
5. Limit the number of times you eat snacks each day, and remember to practice healthy eating and get plenty of calcium.
6. Wear a mouthguard when playing sports.
7. Ask your dental professional about in-office fluoride and dental sealants.

Colgate **BRIGHT SMILES, BRIGHT FUTURES™**

Smile 4 Life

For further information visit smile4life.org.uk

The best way to help keep your teeth and mouth healthy is:

- ENCOURAGE HEALTHY EATING AND DRINKING**
• Avoid all foods and drinks containing sugar to mealtimes.
• Snack on fruit and/or vegetables between meals.
• Drink only milk and water between meals. Keep other drinks to mealtimes.
- ENCOURAGE REGULAR TOOTHBRUSHING**
• Brush twice a day including last thing at night.
• Use a smear (under 3 years) or pea-sized (over 3 years) amount of family fluoride toothpaste.
• Supervise brushing until at least 7 years of age.
• Spit don't rinse after brushing.
- ENCOURAGE THE PROMOTION OF A HEALTHIER LIFESTYLE**
• Don't smoke or chew tobacco.
• Visit your dentist regularly.
- VISIT A DENTIST REGULARLY**
• Visit your dentist regularly for a check-up and cleaning.
• Ask your dentist about fluoride treatments and dental sealants.