



# Warwickshire Early Years Oral Health

## Warwickshire's five key oral health messages

**National  
Smile Month**  
16th May to  
16th June



**1.**

Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



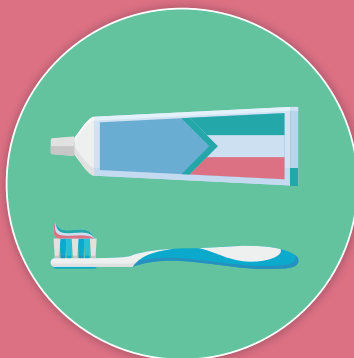
**2.**

Choose milk and water to drink - they're kinder to teeth.



**3.**

Visit the dentist when the first tooth appears and then as often as your dentist recommends.



**4.**

Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.



**5.**

Spit out, don't rinse the fluoride toothpaste away!