Trace the Paste

Follow the lines to find out which letter is connected with the toothbrush.

Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste.

Cut down on how often you have sugary snacks and drinks.

Visit your dentist regularly, as often as they recommend.

Top tips

Visit us online at www.dentalhealth.org

Oral Health Foundation is a registered charity in England and Wales (263198).