

# Healthy Mouths for Kids at School

Dental information for parents and carers

## Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.



## Drink Well

Make tap water your family's drink.

## Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.



## Stay Well

Children should have regular dental checks.



## Play Well

A well fitted mouthguard can reduce the risk of injury.



## Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.

