



## FAMILY FUN PACK

# My BIG Little Sister

## Healthy Teeth

Mum is a dentist and Ruby and Tom have learnt from her how important it is to look after their teeth. We asked the dentists at Hurst Farm Dental Centre for their top tips for healthy teeth...

1. Visit your dentist twice a year.
2. Clean your teeth for two minutes after breakfast and last thing at night and clean them before eating sugary foods.
3. Try to only eat sugary foods and fruit after a meal.
4. It's better for your teeth to eat a bag of sweets in one go than a few at a time throughout the day.
5. Drink water. All fizzy drinks, squash and fruit juice can rot your teeth.



What time should you  
go to the dentist?  
...Tooth-Hurty!

Why did the king go to  
the dentist?  
...To get his teeth  
crowned!