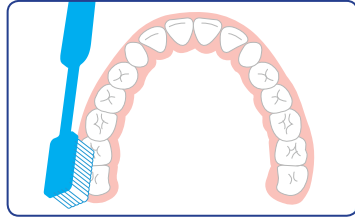


A four step guide to cleaning your teeth properly

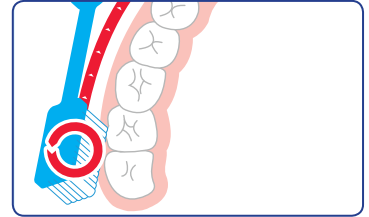
1

Start right at the back of your mouth and place your toothbrush where the teeth meet the gums



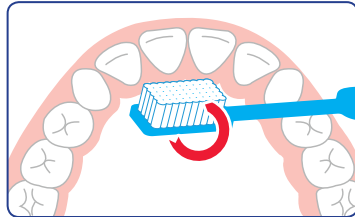
2

With little circles slowly work your way round



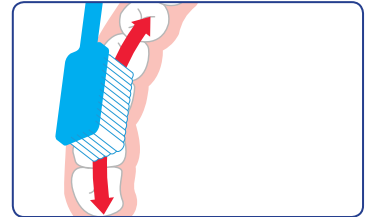
3

Move to the inside – again, little circles and angle your brush upwards when you come to the front teeth



4

Finally, give a good scrub to the area that does the chewing



Golden rules for healthy teeth

1. Dental professionals recommend limiting the consumption of high sugar foods and drinks to mealtimes

2. Ensure your family uses a high fluoride toothpaste

There's a labelling system showing the strength of the fluoride. Look for the label 'active substances' and check for levels of 1,000 – 1,500 ppm fluoride on the packet. Higher concentration means higher protection against decay. Avoid pastes that are below 500ppm, which is considered too low.

3. Use the right amount of toothpaste

Adults require different amounts of toothpaste to children. A good way to judge is the 'finger nail method'. Squeeze just enough of it out to fit onto the child's finger nail. That's an adequate dose of fluoride paste for your child to brush with.

4. Use a toothbrush with a small head and soft bristles

5. Build a good dental health routine

Schedule regular twice-yearly visits to the dentist and build a daily routine. Make sure you and your family clean twice a day – last thing at night, then on one other occasion. Spit out after brushing, but don't rinse, to keep the fluoride in. Young children should be supervised to ensure a proper clean – if children are too young to tie their shoelaces, they are generally too young to clean their teeth unsupervised.

To download this leaflet so you can pass it onto patients, please visit:

<http://www.coca-cola.co.uk/health/guide-to-good-dental-health>