

Children's Teeth

Roseacre's Top Tips for Tip Top Teeth!!

Brush for Two minutes twice a day with Fluoride toothpaste.

Don't rinse the toothpaste away - this leaves a coating of Fluoride on the teeth to help protect them.

Kids under 8 need adult help with brushing!



Please don't let your child take juice, squash or milk to bed!

Water is the best bed time drink!

Frequent snacking/grazing on food and drinks throughout the day can be the cause of tooth decay.

Save sugary treats for mealtimes.

Water and milk are good choices for drinks.

Avoid fizzy drinks and save 'sugar free' squash for mealtimes.

Call us on 01622 730548 to book your child's 6 monthly Dental Health Check.