

# BRUSH UP ON HEALTHY TEETH



Brush your teeth in the **morning** and at **night**.  
Choose a **fluoride toothpaste** for your whānau.

0-6 year olds only need  
a smear of toothpaste  
on their brush



6 years and older  
need a pea sized  
amount



These toothpastes have **no fluoride** in them.

