



# Look after their teeth in 4 easy steps

## 1

Brush twice a day for 2 minutes with a toothbrush and fluoride toothpaste specifically developed for your child's age

## 2

Children under 2 should use no more than a smear of toothpaste and children aged 3-6 should use no more than a pea sized amount of toothpaste

## 3

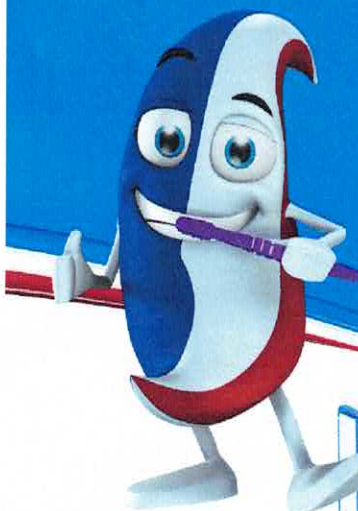
Brush in a gentle circular motion making sure you clean all the tooth surfaces, and right up to the gum line

## 4

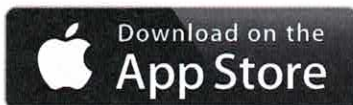
Limit the number of times your child's teeth are exposed to sugary food and drinks to 4 times a day

## 5

Take your child to visit the dentist for regular 6-monthly check-ups



Download the FREE all-singing all-dancing Aquafresh Brush Time App from the Google Play or Apple App Store now and make brush time fun time!



Practice stamp:

CAMILA PEMA DHAYA &  
JATINDER KAUR  
CASTLE DENTAL CARE  
LANGMERE SQUARE  
CASTLE VALE  
BIRMINGHAM  
WEST MIDLANDS B35 6DL

+31342 / 0001 / 002325