

For a healthy mouth!

To protect teeth against decay, brush for **2 minutes** at least twice a day.



Use the right amount of fluoride toothpaste:

- **0-3 years:** a grain of rice



- **3 years and over:** a pea



Encourage your child to **spit out excess toothpaste.**



Avoid rinsing the mouth and wait **30 minutes** before eating or drinking.