



HEALTHY SMILES FOR

BACK TO SCHOOL!

A healthy smile today for a brighter tomorrow!

A GREAT SMILE HELPS THEM LEARN, LAUGH AND SHINE!



BACK TO SCHOOL CHECK-UPS

Don't forget their dental check-up!

Regular dental visits help catch problems early, keep smiles healthy and prevent pain.

- ✓ Check for cavities
- ✓ Clean & polish
- ✓ Fluoride protection
- ✓ Helpful oral health advice for the whole family



★ *Book their check-up today and start the school year with confidence!*

LUNCHBOX FRIENDLY TIPS

Pack smile-friendly foods!

Good choices help protect their teeth and keep energy levels up all day.

- ✓ Cheese
- ✓ Yoghurt
- ✓ Fresh fruit
- ✓ Crunchy veggies
- ✓ Wholegrain snacks
- ✓ Water or milk



😊 *Limit sugary snacks and drinks and avoid sticky sweets.*

★ DAILY SMILE HABITS



BRUSH TWICE A DAY

For two minutes with fluoride toothpaste.



FLOSS DAILY

Cleans between teeth where brushes can't reach.



DRINK WATER

Water is the best choice for a healthy smile.



EARLY NIGHTS

Good sleep helps the body (and smile!) get ready to learn.

Healthy habits today = a lifetime of happy smiles!



PARENTS!

We're here to support your child's oral health every step of the way.

Let's make this their healthiest, happiest school year yet! ★

BOOK THEIR BACK TO SCHOOL CHECK-UP TODAY!

A healthy smile = a confident smile →



HEALTHY SMILES. BRIGHT FUTURES. ★

Let's make this their best school year yet!