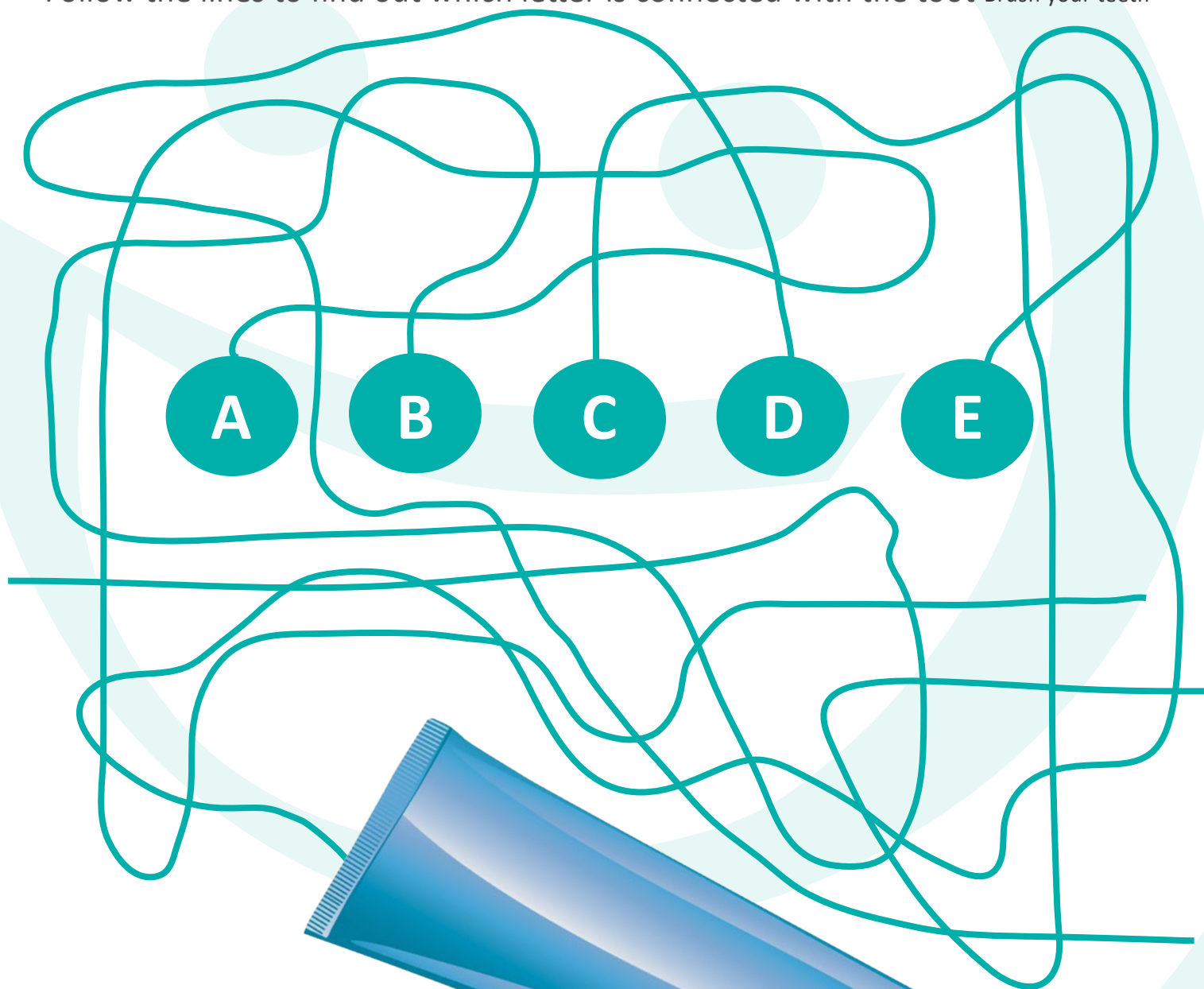


# Trace the Paste

Follow the lines to find out which letter is connected with the tooth **Brush your teeth**



## Top tips

Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste.

Cut down on how often you have sugary snacks and drinks.

Visit your dentist regularly, as often as they recommend.

Visit us online at [www.dentalhealth.org](http://www.dentalhealth.org)

Oral Health Foundation is a registered charity in England and Wales (263198).



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Better oral health for all