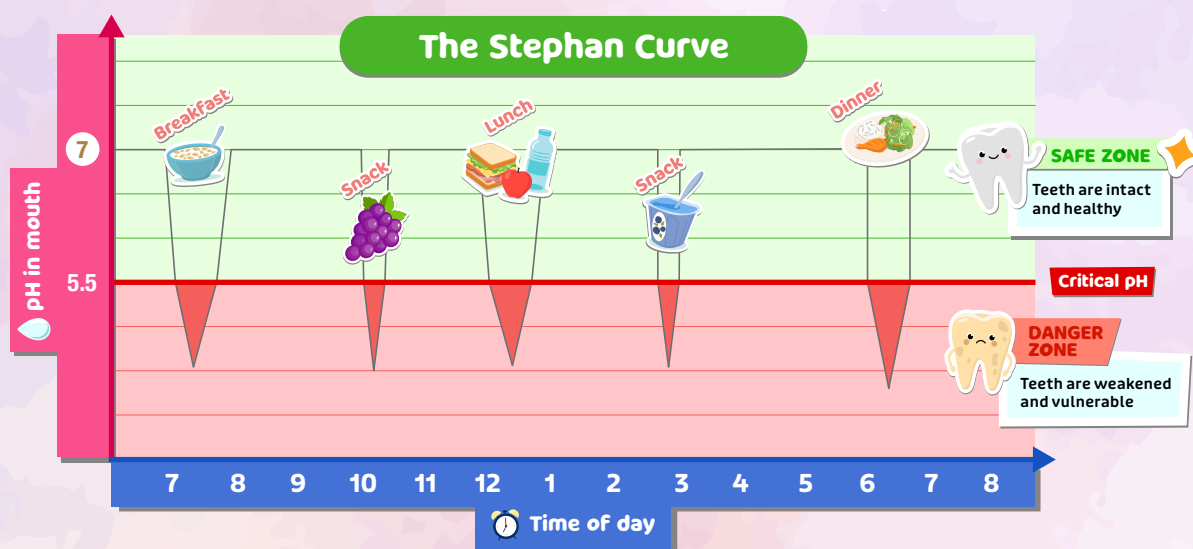


Small Wins in Parenting

Healthy Dental Habits

When your child eats, their teeth shift from the safe zone to the danger zone. How long, how often, and what they eat determines the duration of this shift!



Ways to protect your child's teeth



**Stick to 3 meals
and up to 2
snacks a day**



**Encourage them
to make **water**
their default drink**



**Consume food
and drink **only**
during set times**



**Brush with
fluoride toothpaste
twice a day**



**Finish meals
in 30 mins and
snacks in 15 mins**



**Rinse
thoroughly
after meals**

Visit [Parent Hub](#) for more parenting resources



Or scan
to find
out more