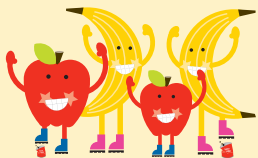
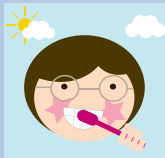


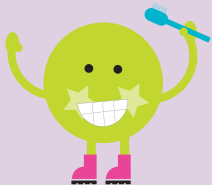
7 steps to a great smile



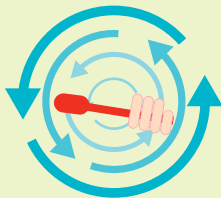
cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly



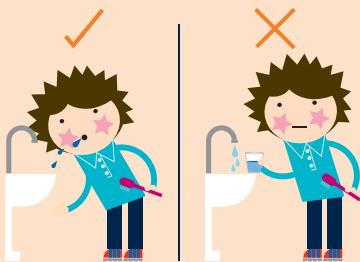
use a pea sized amount of fluoride toothpaste



use a circular brushing motion



brush for two minutes



spit don't rinse



visit your dentist regularly

teeth.tlc
Tender Loving Care for Teeth

visit: www.teeth.tlc.com
or call the free Healthline:
0500 20 20 30

NHS
Grampian



Following the 7 steps will help keep your smile happy and healthy!

Healthy teeth are vital for enjoying life to the full: eating, talking and smiling are all difficult without them.

Teeth TLC is NHS Grampian's exciting new campaign aimed at promoting oral health. Fun and informative, it includes everything from activities for children to the latest key oral health developments. Whether you are a parent, student, employer or professional, you'll find all the information and advice you need to maintain and promote life-long oral health.

So what are you waiting for? Visit **www.teethtlc.com** today for top tips on how to get a great smile, find a dentist and lots more! You can also call the free Healthline on **0500 20 20 30**.