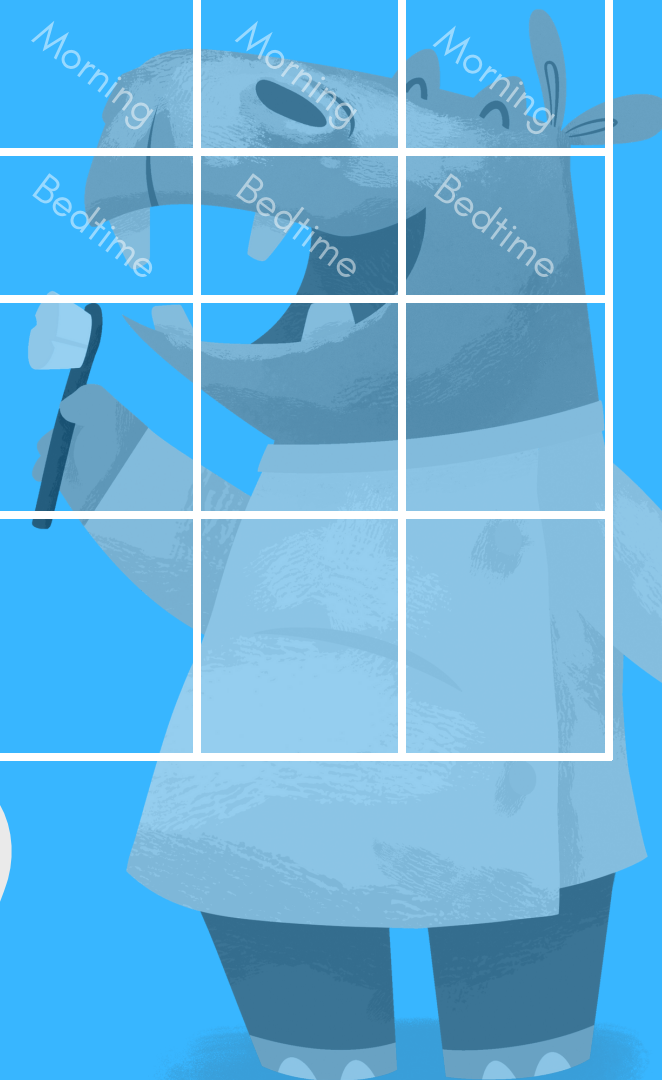


I'm looking after my teeth!



Leicestershire Partnership
NHS Trust

| I have.... | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|---------|-----------|----------|---------|----------|---------|
| Brushed twice a day | Morning | Morning | Morning | Morning | Morning | Morning | Morning |
| | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime |
| Brushed for 2 minutes each time | | | | | | | |
| Avoided sugary food and drinks between meals | | | | | | | |



Visit the dentist every 6 months

Change your toothbrush every 2 months

Use a fluoride toothpaste

Tooth Care Tips