



Dental health - Keep your child's teeth healthy

Here are some tips to keep teeth healthy:

- Brush teeth at least twice a day with a soft toothbrush. Parents should supervise tooth brushing until children are 8 or 9 years old as they haven't got the skill to brush the molars properly until then.
- Adults and children should use a pea-sized amount of fluoride toothpaste. Toothpaste should be spat out after brushing and not swallowed. Do not rinse your mouth out with water after brushing your teeth.
- Rinse your toothbrush thoroughly after brushing and store it hygienically. Replace your toothbrush regularly.
- Older children and adults should floss their teeth daily.
- Eat and drink a healthy diet – avoid too much sugar, especially between meals.

For more dental health information, go to www.dental.wa.gov.au

This week's ideas from LiveLighter® for families

LiveLighter® tip #4 – Flavour your meals with chilli, lemon and or herbs instead of adding salt and/or butter!

LiveLighter® recipe #4 - Moroccan beef with couscous:

<https://livelighter.com.au/Recipe/20/moroccan-beef-with-couscous> (image attached)

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