

CLEAN WELL

Make brushing a twice a day habit for life.

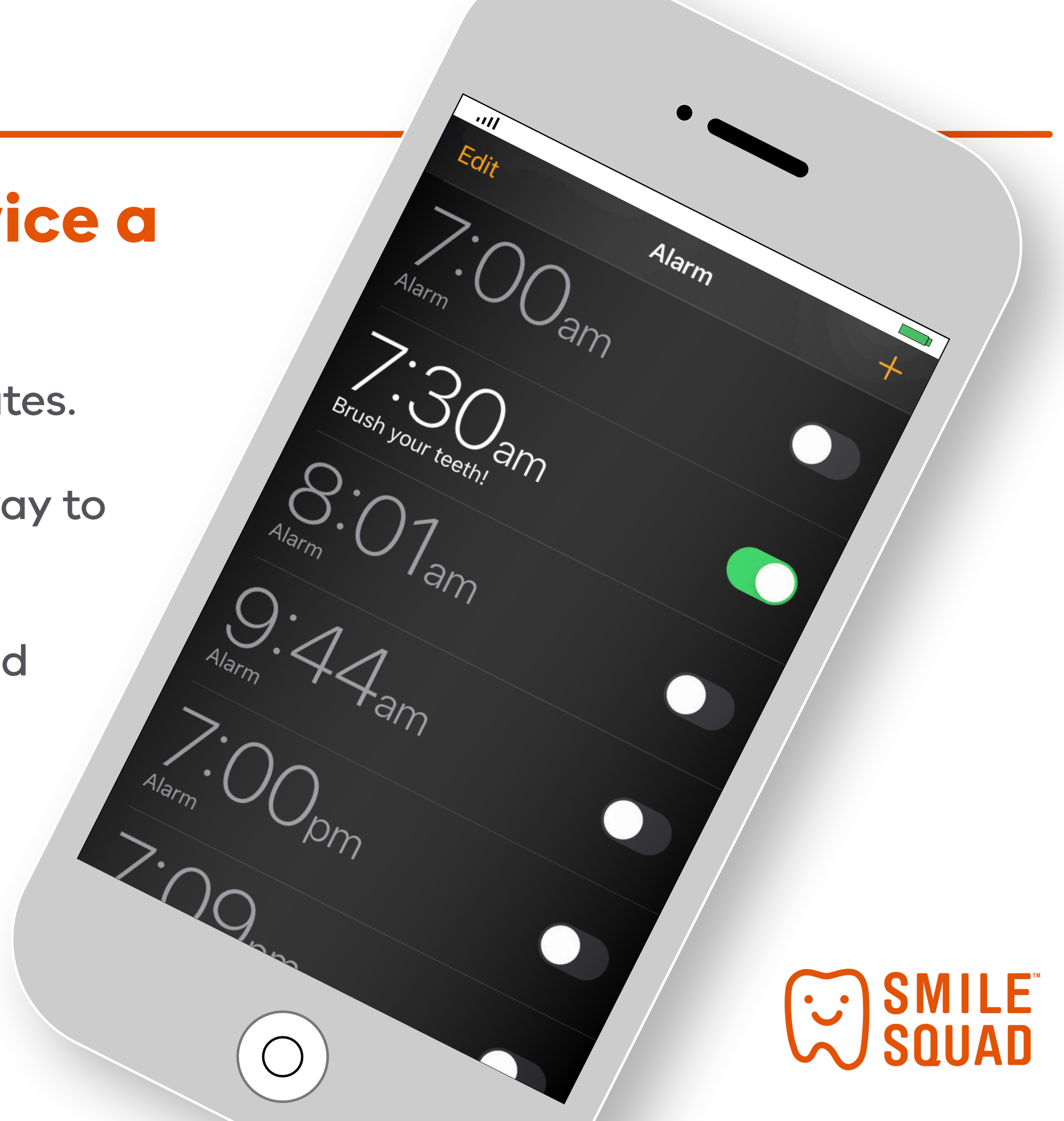
Brush twice a day for two minutes.

Phone reminders are a great way to keep you on track.

Set a daily alarm – morning and night – to help you fit brushing into your routine.

Want to know more?

Visit the Smile Squad website at www.smilesquad.vic.gov.au



DRINK WELL



Choose tap water for yourself and the environment



Fluoridated tap water is the best choice for your teeth. It contains fluoride and is sugar free.



Tap water is good for the environment too. Get a reusable drink bottle and keep filling it up from the tap.

Don't have fluoridated water at home? Fill your water bottle up at school.

Want to know more?

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At school

Fresh, nutritious canteen options

Has tap water readily available for students

Schools encourage healthy food choices

Smile Squad comes to your school

At home

Fresh food available

Access to clean, fluoridated water at home

Time to prepare nutritious food

Time and resources to visit the dentist

Oral health included in classroom learning

Smile Squad dental packs sent home

Toothbrush and toothpaste at home

Your healthy habits

Low sugar consumption

Drinking tap water

Brushing your teeth

Visiting the dentist



You and your oral health