

DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY

BRUSH
WELL

Deadly teeth need brushing twice a day - every morning and every night.

It's good to have your teeth checked by a dentist.

Brushing your teeth with fluoride toothpaste makes your teeth strong and healthy.

Dirran the Kangaroo

Dirran is the Yorta Yorta word for **teeth**.

Artist: Madison Connors, a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais



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DRINK
WELL

Tap water is the best drink for everyone - it keeps your teeth and body healthy.

Tap water contains fluoride, which protects our teeth from tooth decay.

Wala the Platypus

Wala is the Yorta Yorta word for water.

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EAT
WELL

Fresh foods help
you grow, play
and learn.

Eating fresh foods helps
keep your teeth and
body healthy.

Watch out for sugar. Choose fresh foods
rather than processed foods.

Dhuna the Koala

Dhuna (pronounced thuna) is
the Yorta Yorta word for eat.

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