Once a day, twice a day, all day!

Protect your teeth and follow these simple steps to set yourself and your family up for good oral health.

1. **Floss every day**

   - Build flossing into your daily routine to protect your mouth from decay.

   - Flossing helps to get food out from between your teeth.

2. **Brush twice a day**

   - Brush your teeth at least twice a day.

   - Help younger children under the age of 8 to brush their teeth. It helps for a better clean and reaches all the tricky areas children may miss.

   - Children only need a pea sized amount of toothpaste.

   - Children under six years old should use low-dose fluoride toothpaste

3. **Drink tap water all day**

   - Tap water is best for your teeth.

   - Fluoride is added to tap water to help protect your teeth.

   - Drinking tap water regularly will neutralise the acid on your teeth

   - This will help repair developing cavities.

Annual dental checks are a great way to keep up good oral health habits. To book in your next dental check, visit: www.peninsulahealth.org.au

Peninsula Health | Building a **Healthy Community**, in Partnership