



Healthy Smiles for Youth

A healthy smile is important and can boost your confidence. By 12 years of age, you should have all your adult teeth. You need to keep these teeth for the rest of your life. Here are tips to keep your smile strong and healthy.



Don't rush the brush. Use a soft toothbrush with fluoride toothpaste for 2 minutes. Brush every morning and especially at night. This will keep the teeth strong and bright and your breath fresh.

Tap water is the best option to drink for the teeth and body. Fizzy drinks, juice and slushies can be loaded with sugar. The sugar can cause the teeth to rot.



There is no shame in going to the dental clinic. Dentists are there to help and will not make judgements. Book a dental appointment every year for a check-up. Go earlier if you have a problem before it is big and painful.



For more information visit mobsmiles.org.au

Mob Smiles is made possible by the Australian Dental Association