



Santa's Healthy Smiles: Top Tips for a Sparkling Christmas



Keep your little ones' smiles bright this festive season!

Top Tips for Healthy Holiday Smiles

The festive season is full of treats, but we want to make sure those sweet smiles stay shining bright all through the holidays! Here's how you can keep your child's teeth healthy and strong.



1. No More Than 3 Sugar Hits a Day!

Limit sugary treats like sweets, chocolates and biscuits to mealtimes- breakfast, lunch and dinner.

Remember, every time your child eats sugary foods, it's like a little sugar rush for those teeth!

2. Snack Smarter – Go for Healthy Alternatives!

Keep those teeth strong with healthy snacks like carrots, apples, and cheese!

Keep sugar at bay and enjoy the season's fresh fruits and veggies.





3. Brush Twice a Day – Morning & Night!

Brush your teeth twice a day - before bed and one other time. Brush for two minutes with fluoride toothpaste.

4. Spit, Don't Rinse!

After brushing, make sure your child spits out the toothpaste but doesn't rinse their mouth.

This allows the fluoride to keep working on those teeth!



Bonus Tips for Holiday Fun & Healthy Smiles!



Drink Water: Keep hydrated with water (especially after sugary treats) to help wash away any leftover sugar.

Set a Timer for Brushing: Use a fun festive song or timer to make brushing last for 2 minutes.

A little extra care during the holidays means big smiles for years to come. Remember, good habits start early, so let's make those teeth sparkle brighter than the festive lights!



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