

# Keep Suffolk

Smiling



Put a smile on your face with our simple guide to brushing your teeth



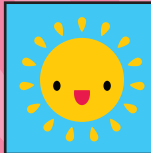

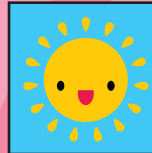
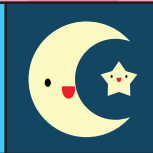
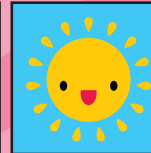
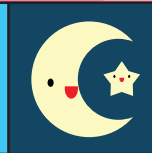


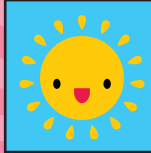

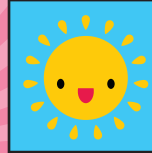
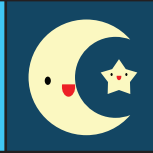
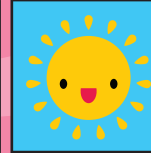
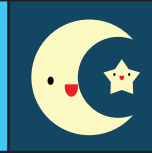

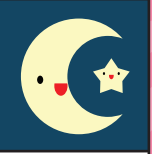
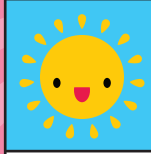

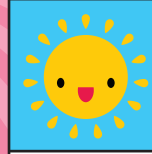
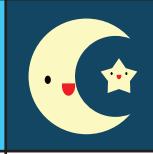
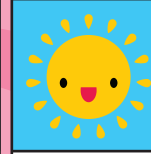
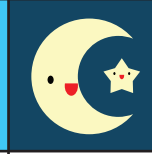

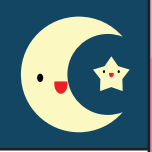
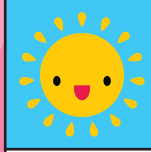

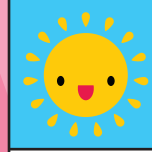
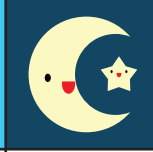
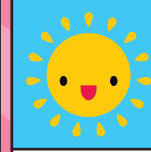
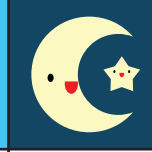


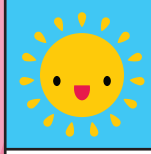

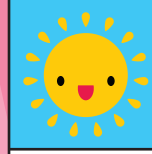
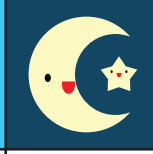
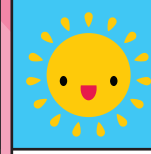
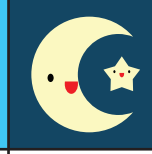

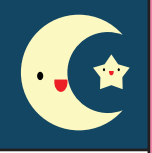
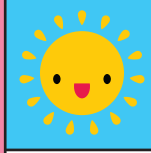

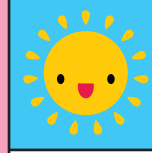
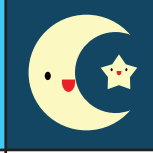
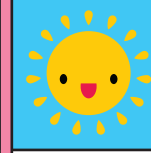
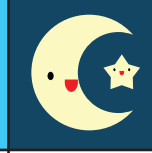
For a sweet smile, brush teeth twice a day for at least two minutes with fluoride toothpaste and discourage a sweet tooth. [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)

Week 1

Week 2

Week 3

Week 4

	Week 1	Week 2	Week 3	Week 4
Sunday	 	 	 	 
Monday	 	 	 	 
Tuesday	 	 	 	 
Wednesday	 	 	 	 
Thursday	 	 	 	 
Friday	 	 	 	 
Saturday	