

# What do dentists do?

Dentists are a special kind of healthcare professional, who look after your teeth and mouth.

Colour in Dr Bob, his tooth brush and his friend Tommy Tooth.



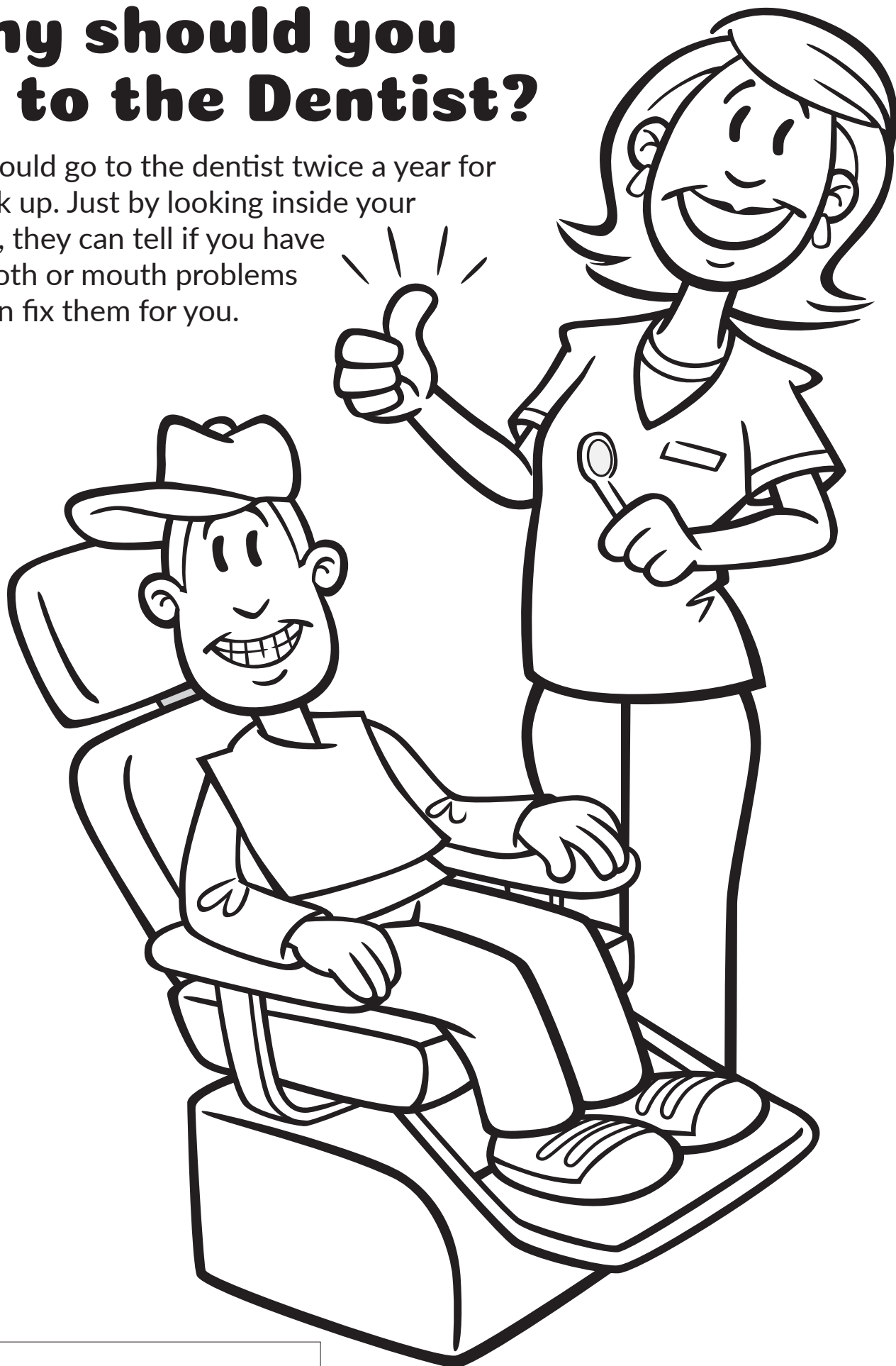
PRACTICE STAMP



Australian Dental Association  
NSW Member

# Why should you go to the Dentist?

You should go to the dentist twice a year for a check up. Just by looking inside your mouth, they can tell if you have any tooth or mouth problems and can fix them for you.



Colour in Johnny getting the thumbs up from his dentist, during his regular check up.

PRACTICE STAMP



Australian Dental Association  
NSW Member

# How often should you brush your teeth?

You should always brush your teeth with fluoride toothpaste after breakfast and before bed, every day and you should brush for two minutes each time.

Colour in Zoe and Casper brushing their teeth before bed.



PRACTICE STAMP

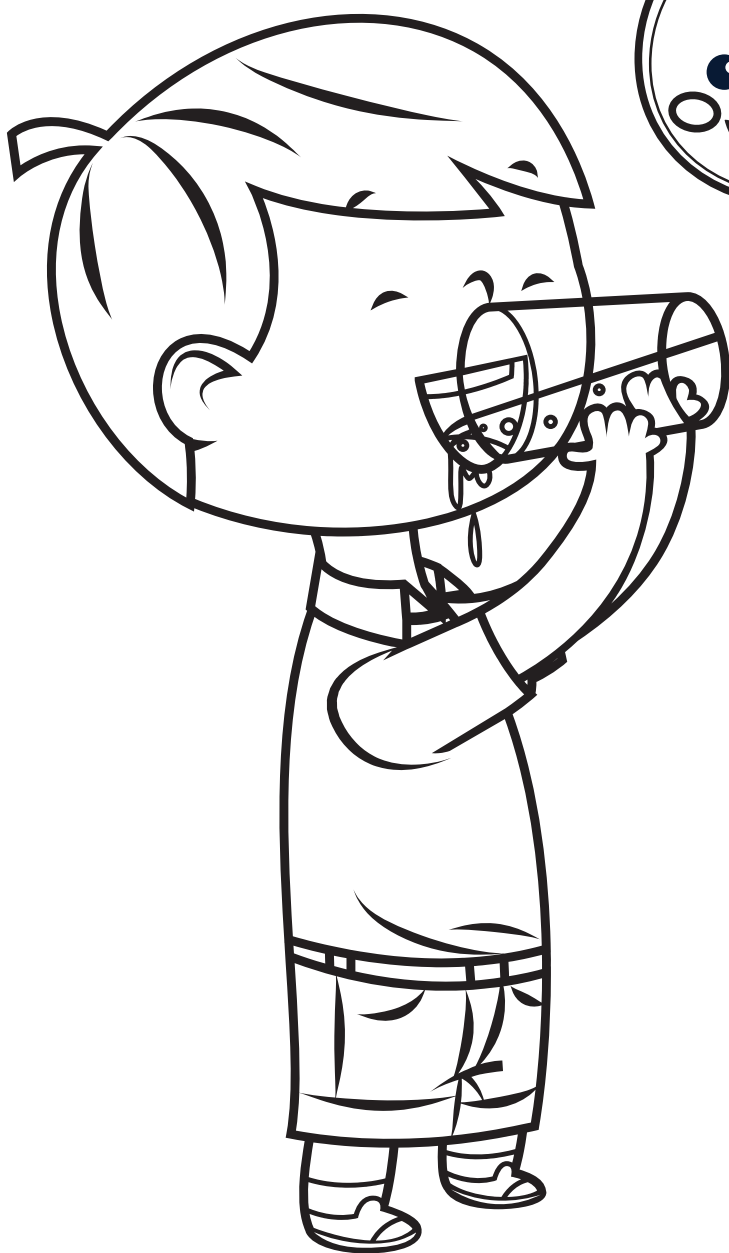
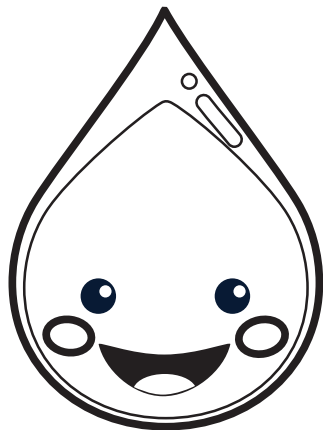
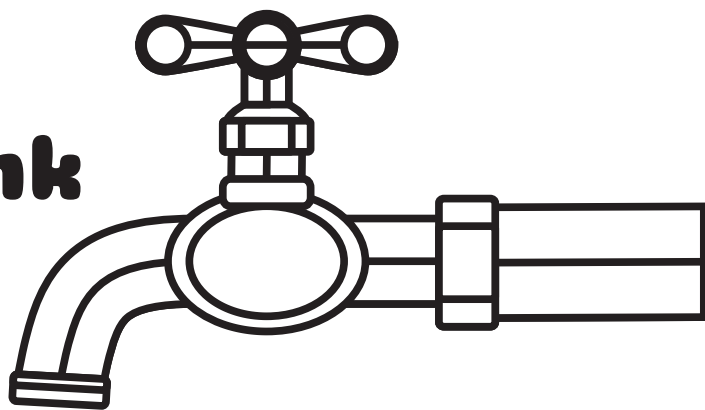


Australian Dental Association  
NSW Member

# Make water your usual drink

You should always make water your usual drink for a healthy mouth and body.

Colour in Zac and Emma drinking water for a bright smile and healthy mouth.



PRACTICE STAMP



Australian Dental Association  
NSW Member