

# Tips for a healthy smile!

Oral health is important to overall health.  
Here are some tips for a healthy smile.

Don't rush  
your brush

**BRUSH**  
twice daily



especially before bedtime 🌙



**Rinse your mouth**

with water after eating/drinking;  
and wait 30 minutes to brush  
your teeth

**BRUSH gently**

Use a fluoridated  
**toothpaste**

Children under three years  
of age or who cannot spit  
should use non-fluoridated  
toothpaste or plain water  
unless advised otherwise  
by their oral health  
professional

**Tips for flossing:**



Floss **before** brushing

**Tips to help lower acidity in your mouth:**

**Use a straw**

if consuming drinks high in sugar,  
like juices, sodas and sports drinks  
to minimize exposure of teeth  
to sugar

**Chew  
sugar-free**



**Rinse**  
with  
water

after all meals and snacks  
to remove food debris and  
reduce acid

**Oral health is  
linked to  
overall health**

**Visit**

an oral health care  
professional regularly

All babies should visit  
a dentist or dental  
hygienist by one  
year of age



**Can't afford  
dental care?**

You may be eligible for **free** dental  
coverage through the  
**Healthy Smiles Ontario** dental  
program if you are 17 years  
of age or under.

**Eat a  
healthy diet,  
limiting sugary  
and sticky foods**



Visit [york.ca/dental](http://york.ca/dental)  
or call **1-800-735-6625**  
to learn more about  
York Region Public Health  
Dental Program services.

PUBLIC HEALTH  
1-800-361-5653  
TTY: 1-866-512-6228  
[york.ca](http://york.ca)

  
**York Region**