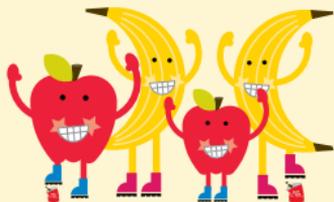


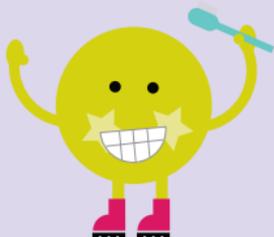
# 7 steps to a great smile



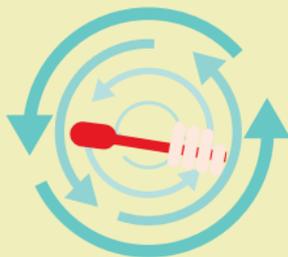
cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly



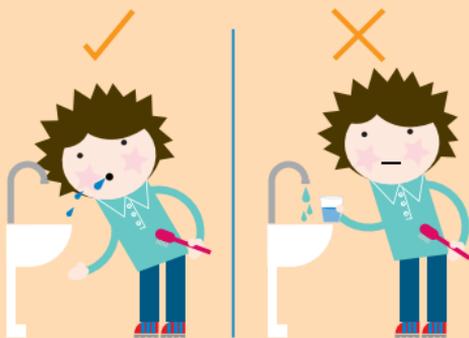
use a pea sized amount of fluoride toothpaste



use a circular brushing motion



brush for two minutes



spit don't rinse



visit your dentist regularly



**Healthy teeth are vital for enjoying life to the full: eating, talking and smiling are all difficult without them.**

**Teeth TLC** is NHS Grampian's exciting new campaign aimed at promoting oral health. Fun and informative, it includes everything from activities for children to the latest key oral health developments. Whether you are a parent, student, employer or professional, you'll find all the information and advice you need to maintain and promote life-long oral health.

So what are you waiting for? Visit **[www.teethtlc.com](http://www.teethtlc.com)** today for top tips on how to get a great smile, find a dentist and lots more! You can also call the free Healthline on **0500 20 20 30**.