**ORAL HEALTH**

*Remove numbering & combine text* ✓✓✓✓

Babies are born with all their teeth. Their teeth are invisible because they are hidden in the gums. Baby teeth start to break through the gums around 6 months. Kids have all their teeth by age three – these are called primary teeth. Baby teeth start falling out around age six; that’s when the permanent, or adult teeth appear. Most permanent teeth appear by age 13.

*Bold, Underline headings*

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**TIPS FOR BETTER ORAL HEALTH**

1. Start practising good oral care even before the first tooth appears.
2. Parents should schedule their child’s first dental appointment before the first birthday and every 6 months starting at age 3.
3. Children should brush twice a day with a fluoride toothpaste and begin flossing as soon as two teeth touch.
4. Children should limit sugary and sticky foods and drinks to protect against tooth decay.

*Divide text, apply numbering, indent correctly, align with left margin*

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*[10] Marks for manipulation*