

HOW TO KEEP YOUR SMILE HEALTHY

Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE?

Follow Toothie's tips to keep your smile strong and you feeling great every day!



BRUSH EVERY MORNING AND NIGHT



Use a **fluoride toothpaste**.



Brush all the sides and surfaces of your teeth for **2 minutes**.

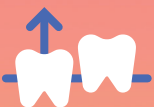


After brushing, spit **don't rinse**.

VISIT THE DENTIST REGULARLY



The dentist will ask you to **open your mouth wide**.



The dentist will check your **teeth are growing properly**.



The dentist will help keep your teeth **clean and healthy**.

EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



Too much **sugar is bad** for everyone.



Sugary drinks and unhealthy snacks between meals can **cause holes in your teeth** if you have them too often.



Our **mouths and bodies are stronger** and happier when we have healthy food and drinks.

