### HOW TO KEEP YOUR SMILE HEALTHY

# Just for ki

#### 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.



your teeth **clean and healthy**.

## EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



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





Sugary drinks and unhealthy 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.





