

Teeth Talk!

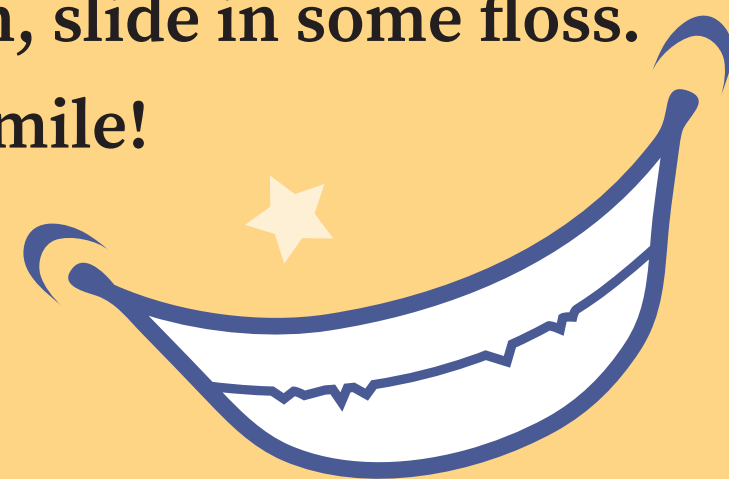
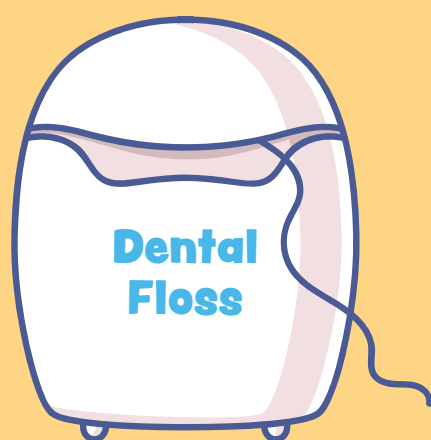


Your teeth have some tips for you to help keep them healthy for bright smiles ahead!



Keep Us Clean

2 × 2! Brush us twice a day for two minutes.
A grown-up should help you.
A pea-size squirt of toothpaste is all we need!
To clean in between, slide in some floss.
Rinse with water. Smile!



Choose Water

Water, especially water with fluoride, helps make us strong.

Time to eat? Wash down food with water.

Playing outside? Grab some water and go!

Add some yummy watermelon or cucumber slices for a special water drink.



Visit Our Friend the Dentist

Dentists and hygienists use special tools and toothpaste to carefully clean each of us and help us shine.

They floss to make sure food and germs aren't stuck in between us.

Sometimes they take pictures of us to find out if we have cavities.

Visit the dentist twice a year to prevent toothaches and keep us feeling great!

