



Brush your teeth with fluoride toothpaste  
and clean between your teeth  
for a healthy smile!!

Visit [MouthHealthy.org/ToothTeam](http://MouthHealthy.org/ToothTeam) for more activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®