

中OW TO MAKE A 中EALTHY SMILE



BRUSH YOUR TEETH TWICE A DAY - IN THE MORNING AND AT BEDTIME



MAKE HEALTHY CHOICES
WHEN EATING AND
SNACKING



AFTER BRUSHING - SPIT OUT THE TOOTHPASTE, BUT DON'T RINSE



USE A FLUORIDE TOOTHPASTE TO REDUCE THE RISK OF CAVITIES

ASK YOUR CHILD'S DENTIST OR VISIT OUR WEBSITE FOR MORE