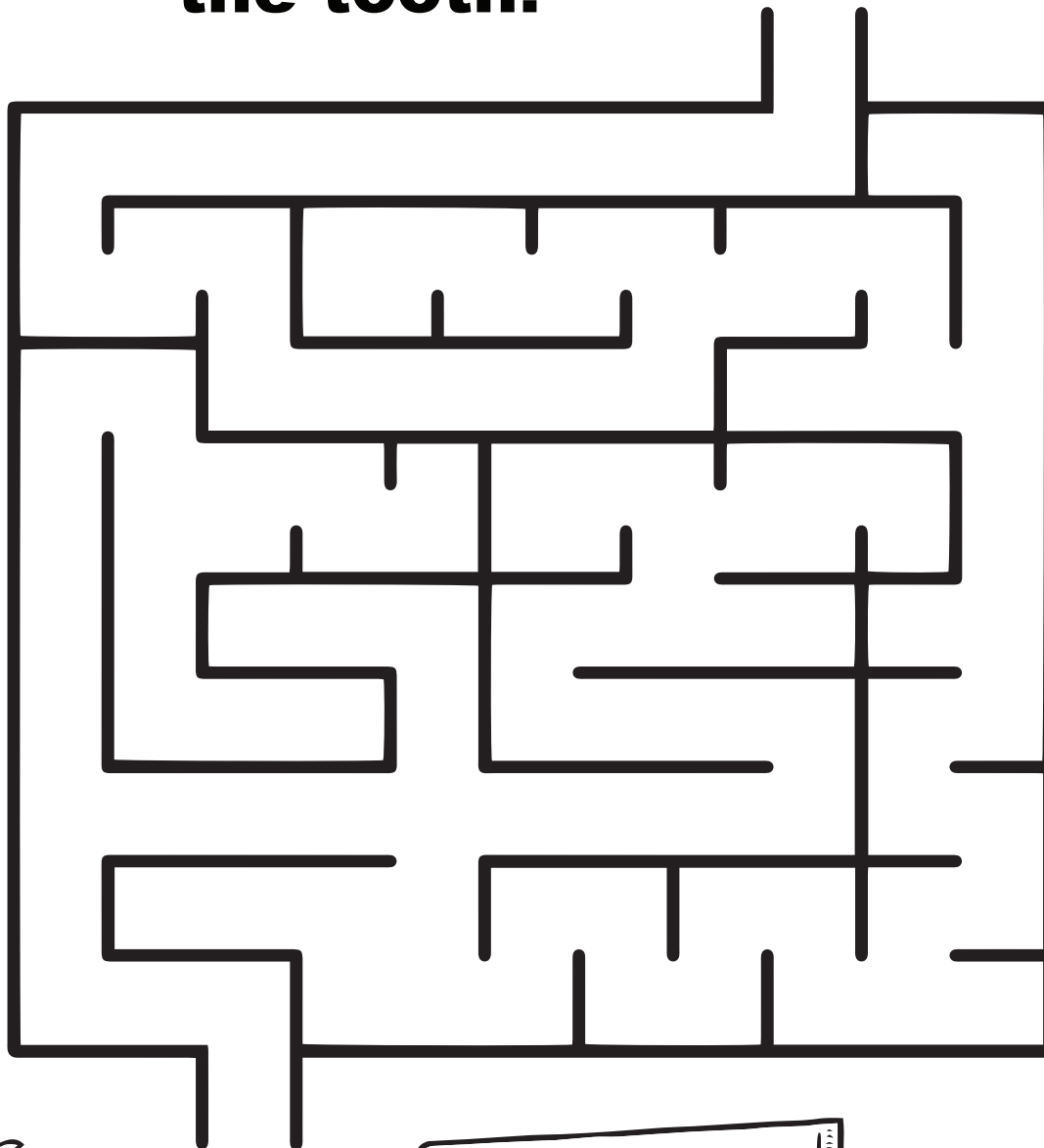


# Help get the toothpaste to the tooth!



**END**



**START!**



**Fluoride  
Toothpaste**

Visit [MouthHealthy.org/SmileBuilders](https://www.MouthHealthy.org/SmileBuilders) 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 beverage and snacks.



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



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