Have you brushed your teeth twice today?
Color in the boxes once you finish brushing!

Visit 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.