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.

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