Can you help the Tooth Team brush my teeth so I can have a healthy smile?

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.