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

Visit [MouthHealthy.org/ToothTeam](http://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.