Visit MouthHealthy.org/ToothTeam for 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!!