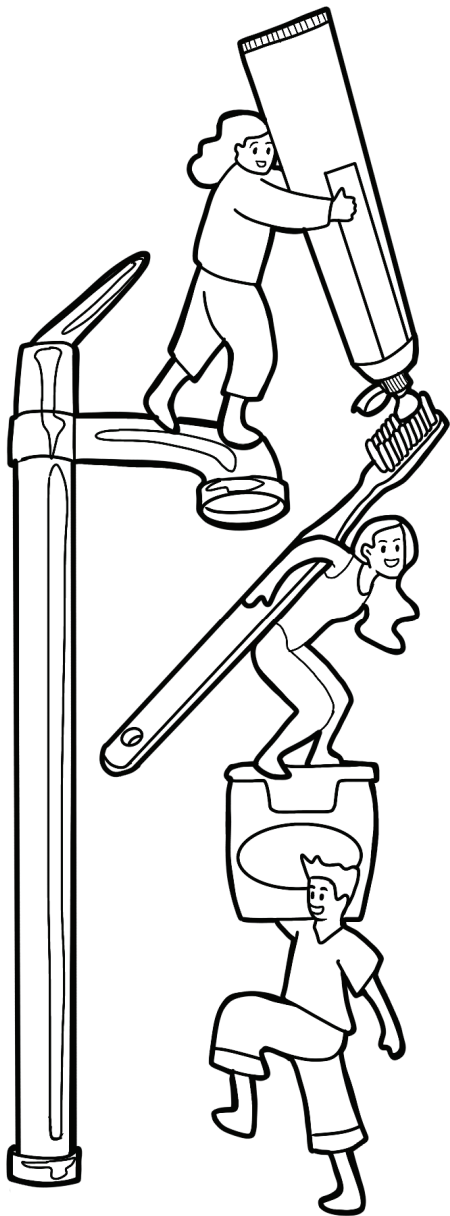


# Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright. When you're thirsty, choose tap water for a great smile! Fill in the calendar dates in the corner and then check off the boxes each time you brush!



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Celebrating 75 years of water fluoridation. Visit [ADA.org/FromTheTap](http://ADA.org/FromTheTap) 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.

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