

BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Visit MouthHealthy.org/SmileBuilders 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 beverage and snacks.



See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®