

HOW TO BRUSH

MAKE THOSE TEETH SHINE!!!

1. Add a pea-sized amount of toothpaste & a little bit of water to your toothbrush.



2. Brush for two minutes!
(That's the ABCs four times!)



3. Use a circular motion and get every tooth AND your tongue!



4. Brush 2 times every day, after breakfast and before bedtime.



WHY WE BRUSH



If you don't brush your teeth, you could end up with painful cavities and gum disease!



Save this space for a picture of your class & ADCI (coming soon)

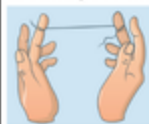
HOW TO FLOSS

SQUEAKY CLEAN!!!

1. Choose your tool! You can use traditional dental floss or floss picks.



2. Remove a long piece of floss and wrap the ends around your middle fingers.



(If you use a floss pick, you don't have to worry about this part.)

3. Slide your floss up and down BOTH sides of EVERY tooth, using your pointer fingers to direct the floss in a "C" shaped wrap.



HEALTHY EATING

GOOD FOR YOUR WHOLE BODY!

Sugary foods like candy, soda, and packaged foods cause bacteria to attack your teeth and make cavities! It's okay to eat these foods every once in a while as long as you brush your teeth after.



Please eat healthy, whole foods like fruits and vegetables as much as possible so that your teeth stay happy and cavity-free! It's especially important to limit soda and juice to special occasions and choose water more often!



VISIT YOUR

DENTIST REGULARLY



It's important to take care of your teeth just like you take care of the rest of your body! Your dentist and doctor work together to keep your whole body healthy and happy, so it's important to visit both regularly and follow their instructions.



If you get your teeth cleaned regularly, you can make sure that they never become painful! With healthy teeth, you can keep playing and doing the things you love to do!



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