



**BRUSH  
AND CLEAN  
IN BETWEEN  
TO BUILD A  
HEALTHY  
SMILE!**

Visit [MouthHealthy.org/SmileBuilders](https://www.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 beverages and snacks.



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

**ADA** American Dental Association®