



Brush Twice a Day



Outside

Gently brush in circles on the outside surfaces of the teeth.



Inside

Gently brush in circles on the inside surfaces of the teeth.



Way in the Back

Brush on top of your back teeth.



Behind Front Teeth

Gently brush up and down behind each front tooth.



Tongue

Brush your tongue.



Use a pea-sized amount of fluoride toothpaste.



Spit out all excess toothpaste after brushing.



Do not share a toothbrush.



Save water.



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Healthy Foods, Healthy Teeth



**Choose
healthy
snacks.**

Foods that are
good for your teeth
are good for your
whole body!

**Limit sugary,
sweet, sticky
food and
drinks.**

Sugary foods can
lead to tooth
decay and cavities.



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