

# First teeth? First birthday? First dental visit!

Build habits that can make a lifetime of Healthy teeth!

## What can you do?

- ◆ Brush and floss your teeth twice a day.
- ◆ Drink water and milk, rather than lots of juice, pop or other sweet drinks.
- ◆ Have dental check-ups twice a year
- ◆ Ask your doctor or dentist about fluoride to make teeth strong.
- ◆ Choose healthy foods and limit snacks between meals
- ◆ Check your teeth and gums once a month for any problems.
- ◆ Wear a mouth guard for active sports.



**Find and circle the toothbrushes in the picture** (Hint: there are 47!)