5 Tips for Healthy Teeth

1. Brush your teeth for two minutes two times every day.

2. Floss between your teeth every day.

3. Get a new toothbrush every three months and after you are sick.

4. Eat tooth-friendly snacks. Do not eat foods that stick to your teeth.

5. Visit your dentist every six months.

Find more fun dental health activities at AmericasToothFairy.org/resources