



# 7 TIPS FOR HEALTHY TEETH

*For kids and parents*

1. Brush for two minutes.
2. Use a small amount of toothpaste. Don't forget to spit it out!
3. Use a soft toothbrush that's small enough to reach all your teeth.
4. Brush where your teeth touch your gums.
5. Brush after breakfast and before bedtime.
6. Clean every tooth.
7. Don't forget to floss!

