

## Keep That Super Smile!

What gives you a great smile?  
It's your bright teeth.





**How can you have clean teeth?**  
Brush your teeth twice a day.  
Be sure to brush the fronts and  
backs of your teeth.



**How can you clean between  
your teeth?**  
Floss your teeth once a day.  
Ask a grown-up to help you.





4 Who should check your teeth?

5 Visit a dentist two times each year to have your teeth examined and cleaned.





6

**What should you eat and drink to have healthy teeth?**

**Eat healthy foods. Drink milk and water. Stay away from sweets.**



7

**How can you show your healthy teeth?**

**Smile!**