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Lulu

Brush your teeth with fluoride toothpaste
and clean between your teeth
for a healthy smile!!



Visit MouthHealthy.org/ToothTeam for activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®