

# BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Visit [MouthHealthy.org/SmileBuilders](https://MouthHealthy.org/SmileBuilders) 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®