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**Every morning and night, I brush my teeth to keep them strong and healthy**



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**I use toothpaste that tastes minty. It helps fight germs**



**I brush each tooth, front and back, for two whole minutes**



**After brushing, I spit out the toothpaste and rinse my mouth**



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**Mom reminds me not to forget  
to floss between my teeth**



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**When I eat, I choose healthy  
foods like fruits and vegetables,  
which are good for my teeth**



**I try to avoid too many sweets, like candy and soda, which can cause cavities**



**Every six months, I visit the dentist for a check-up**



**The dentist cleans my teeth  
and checks to make sure they  
are healthy**



**I feel proud of taking good care  
of my teeth. It keeps my smile  
bright!**