

TIPS FOR A HEALTHY SMILE



Brush Your Teeth and Tongue at Least Twice a Day

Floss Daily



Visit Your Dentist

Eat Healthy Foods

Limit Snacking



Drink Fluoridated Water



Use a Mouth Guard When Playing Sports



**Prevent Spreading Tooth Decay
By Not Sharing
Toothbrushes, Utensils or Cups**



**Only Put Water in a Baby's Bottle
At Bed Time**



WATER



BOTTLE



BEDTIME