

HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW THAT TAKING CARE OF YOUR TEETH HELPS
KEEP YOUR WHOLE BODY AND MIND HAPPY TOO?

Follow these tips from Toothie to learn how to take
great care of your teeth and keep smiling!



BRUSH EVERY MORNING AND NIGHT



Use a **fluoride toothpaste**.



Brush all the sides and surfaces
of your teeth for **2 minutes**.



After brushing, spit **don't rinse**.



VISIT THE DENTIST REGULARLY



The dentist will ask you
to **open your mouth wide**.



The dentist will check your
teeth are growing properly.



The dentist will help keep
your teeth **clean and healthy**.



EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



Too much **sugar is bad** for everyone.



Sugary drinks and unhealthy
snacks between meals can
cause holes in your teeth
if you have them too often.



Our **mouths and bodies are stronger** and happier when we
have healthy food and drinks.



World Oral
Health Day
20 March

worldoralhealthday.org

#WOHD25

#HappyMouth

