

Help Get Kids to the Dentist!

Find your way to the dentist's office by taking care of your teeth. Avoid turning towards bad habits and instead, take shortcuts towards good brushing habits!



Start



Brush twice a day for 2 minutes

! Too many sweets can cause cavities

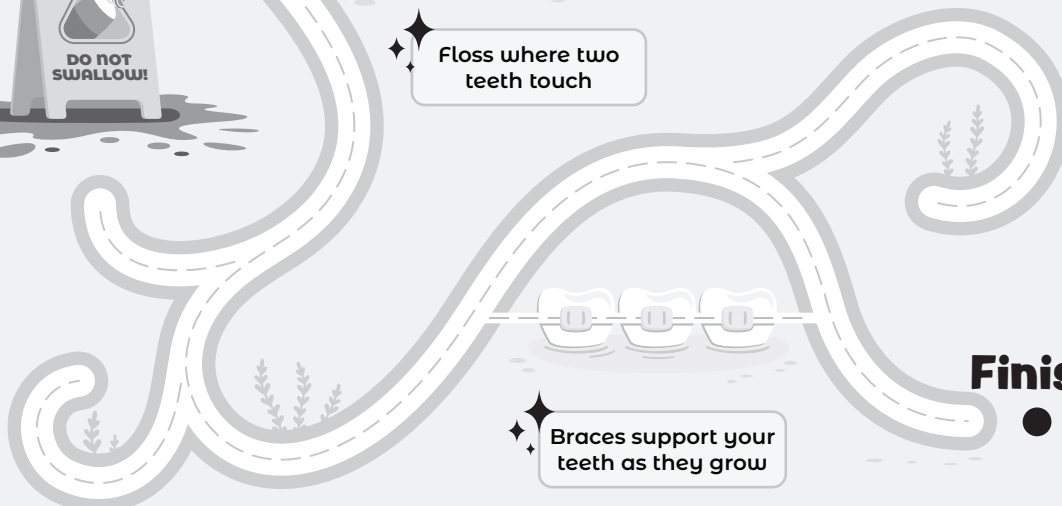
! It's not healthy to swallow toothpaste



! Floss where two teeth touch



! Chewing on hard things can damage teeth



! Braces support your teeth as they grow

Finish



Fun Fact: Healthy brushing habits lead to a healthy smile!

Learn more about children's oral health and the American Academy of Pediatric Dentistry Foundation at AAPDFoundation.org.

