



# I KEEP MY TEETH SPARKLY CLEAN!



- ★ I brush my teeth in the morning and at night.
- ★ I use a pea-sized drop of fluoride toothpaste. (I spit but do not rinse after I brush.)
- ★ I floss my teeth once a day.
- ★ I eat healthy foods.
- ★ I visit the dentist twice each year.

