



This is My Bright Smile





My name is:



I have teeth.



I have a toothbrush.



I have toothpaste.



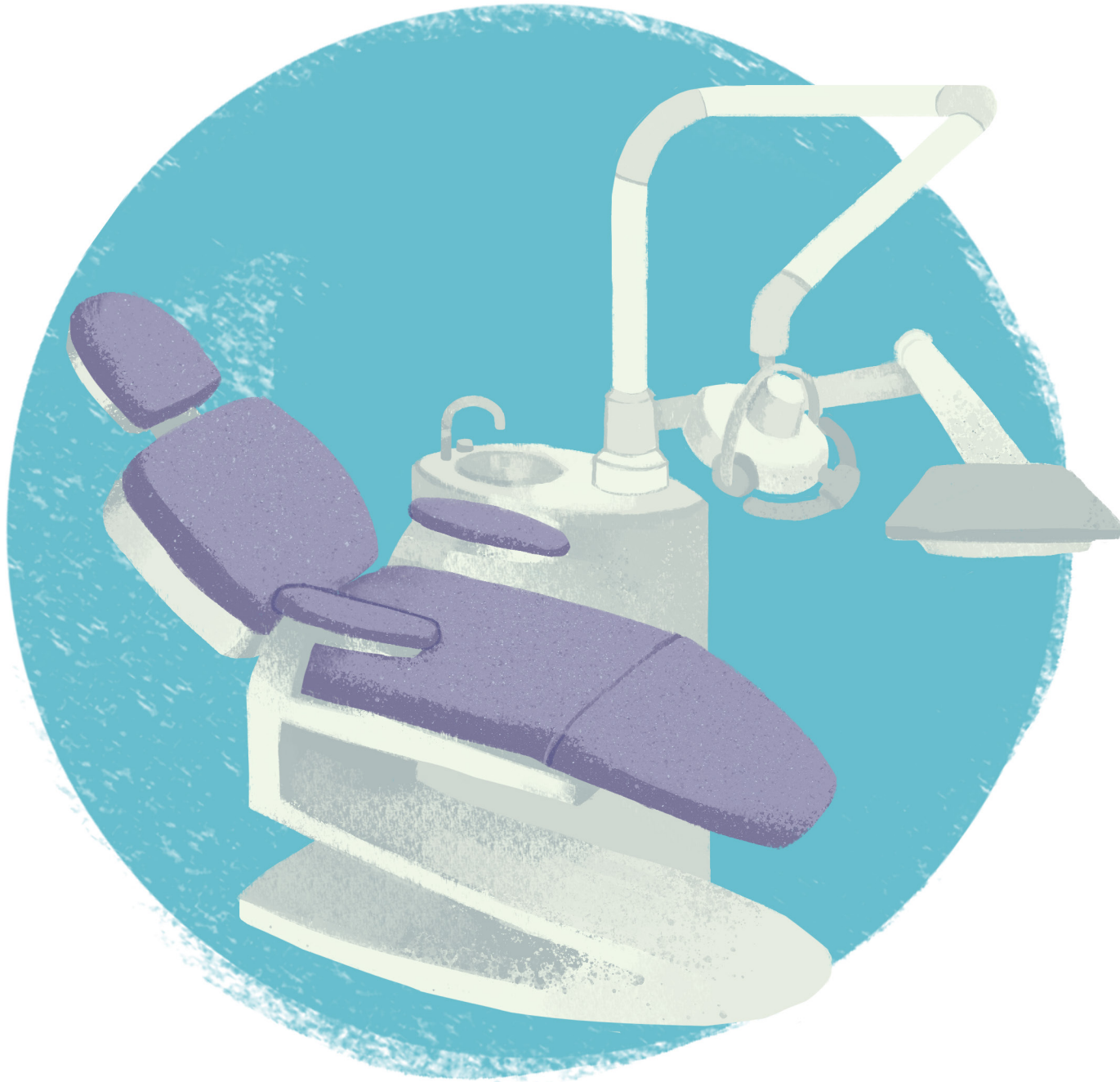
6 I brush my teeth in the morning and at night.



I brush my top and bottom teeth.



I see my dentist.



I see the dentist chair.



I see Dr. Rabbit.



I see my smile.

Bright Smile Tips for Parents

1

Brush with fluoride toothpaste 2X a day, especially after breakfast and before bedtime:

- Children two and over, use pea sized amount of toothpaste and a soft-bristled toothbrush
- Brush top and bottom, inside and out and don't forget to brush the tongue!
- Change the toothbrush every 3 months
- Turn off the faucet while brushing and save up to 4 gallons of water each time you brush

2

Limit sweet & sticky snacks to avoid plaque attacks:

- Sweet & sticky foods produce plaque acids that cause tooth decay
- Encourage healthy snacking such as fruit or a low sugar yogurt
- Encourage drinking plain water instead of sugary juices & sodas

3

Visit the dentist regularly:

- Visit a dental professional every 6 months
- The dental professional will clean, polish and apply fluoride to your child's teeth
- Ask questions and discuss tips for your child to practice good oral health at home

4

Once teeth are touching, floss your child's teeth once a day to remove plaque:

- Use regular floss or floss pick
- Have fun by helping your child count his/her teeth while flossing