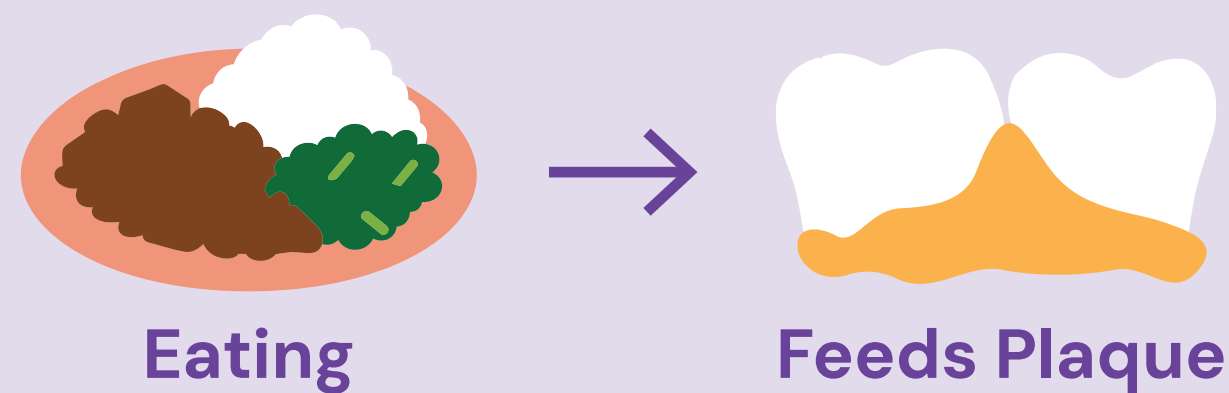


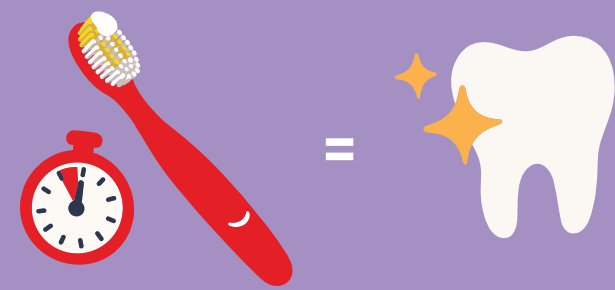
HOW TO GET A BRIGHT SMILE



1 UNDERSTAND WHY TEETH NEED CARE



Brushing = Healthy Teeth



Not Brushing = Problems



2 PRACTICE SIMPLE HABITS

 Brush Morning
& Night

 Brush
for 2 Minutes

 Limit Sugary
Food & Drinks

 Eat
Healthy

3 BRUSH ALL SIDES OF YOUR SMILE



Outside

Inside

Where
you chew

Tongue

Use a Pea-Sized Squeeze
of Fluoride Toothpaste



Watch the BSBF Brushing Challenge
[Youtu.be/BrushingChallenge](https://youtu.be/BrushingChallenge)

