We’ll brush our teeth at least twice a day with fluoride toothpaste — it’s the only way!

We’ll limit our snacks — and floss daily too because fighting plaque is important to do.

For a partner who’ll help us keep our teeth strong, we’ll visit the dentist twice a year our whole life long.

Our family will make sure our smiles stay bright as we brush every morning . . . and every night.

Signed:

Child: _______________________________ Date: __________

Parent: ______________________________ Date: __________