This is My Bright Smile
My name is:
I have teeth.
I have a toothbrush.
I have toothpaste.
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