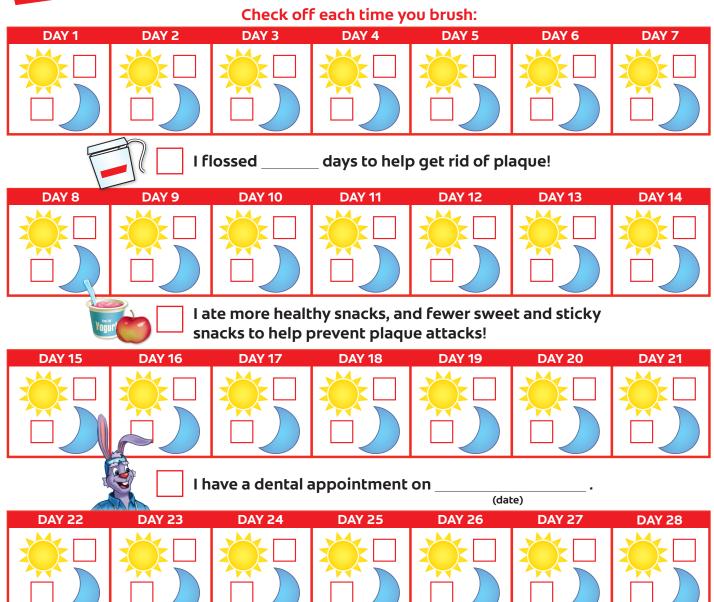


## MISSION#5

Child's Name

## **Training for a Superhero Smile**

Track your tooth care at home for 28 days, and you'll be on your way to becoming a Tooth Defender!



## **Key Messages for "Practicing Your Powers"**

- 1. Plaque is bacteria. When it mixes with food, it creates an acid that can attack teeth. Brushing and flossing remove plaque!
- 2. Brushing with fluoride toothpaste helps strengthen teeth and fight plaque.
- 3. Brush all surfaces: top, bottom, inside, outside, tongue, and way in the back
- 4. Flossing gets the plaque that brushing may have missed.
- **5.** Never share your toothbrush. Replace it every 3 months or when it becomes shaggy.