



<p>Parents or adults should help you brush your teeth until you turn 8 years old.</p>	<p>Brown spots on teeth are a sign of tooth decay (cavities). See a dentist if you have brown spots or pain.</p>	<p>Milk and milk products have calcium that makes teeth hard and strong.</p>	<p>Is a whitish-substance on your teeth. It grows in your mouth, is full of germs &amp; has to be brushed off.</p>	<p>When brushing your teeth– don't forget your tongue!</p>
<p>Everyone in your house should see a dentist 2 times a year! (Or at least once a year!)</p>	<p>Healthy smiles make healthy and happy children!</p>	<p>Make sure you brush your teeth after eating candy and sweets.</p>	<p>Your dentist will use special instruments to clean your teeth.</p>	<p>You only need a pea-sized amount of toothpaste when brushing your teeth.</p>
<p>You need strong healthy teeth to talk and say words properly.</p>	<p>Brush your teeth:</p> <ul style="list-style-type: none"> <li>• Before school</li> <li>• Before bed</li> <li>• After meals and snacks</li> </ul>	<p>Baby teeth begin forming when baby is still in Mom's tummy!</p>	<p>Brush your teeth for 2 minutes, 2 times a day! (At least 2 times a day!)</p>	<p>You need strong, healthy teeth to chew your food.</p>
<p>A great smile looks best with healthy teeth!</p>	<p>Get a new toothbrush every few months. Old ones look fuzzy and have germs!</p>	<p>Your dentist will clean your teeth and fix any cavities! See your dentist at least once a year!</p>	<p>When your 20 baby teeth fall out, you will get 32 new adult teeth that you should have for the rest of your life.</p>	<p>Food from the 4 food groups are important for healthy teeth and a healthy body!</p>
<p>Before bed is one of the most important times to brush your teeth!</p>	<p>Soda pop has a lot of sugar! Water and milk are healthier choices and good for your teeth!</p>	<p>Even babies without teeth need their mouths cleaned! Use a clean, damp cloth.</p>	<p>Everyone in your house should have their own toothbrush. Sharing will pass germs!</p>	<p>Floss cleans in between your teeth where your toothbrush cannot reach.</p>
<p>Children should see a dentist by their first birthday! Even babies!</p>	<p>If you eat or snack a lot during the day then you have to clean your teeth more often!</p>	<p>Babies can use a regular cup when they turn 1 years old! No more bottles or sippy cups!</p>	<p>Tooth Decay can be very painful! Take good care of your teeth!</p>	<p>Bacteria in our mouth uses the sugar we eat to create acid and make cavities!</p>