Healthy Teeth Are Happy Teeth

Keep teeth healthy!
- Brush teeth twice a day, especially before bedtime
- Floss daily
- Schedule regular dental check-ups
- Limit sugary treats and beverages

Can you count the top teeth? _____
Can you count the bottom teeth? _____
How many teeth in all? ________

Tips to get Little Ones Brushing
- Offer a fun electric toothbrush
- Sing songs as you brush your child’s teeth
- Use a reward, like a sticker on a chart
- Be a good role model. Children learn what they see you doing!

Riddle: What did the dentist see at the North Pole?
Answer: A Molar Bear

What Comes Next?