Healthy teeth are important for chewing, speaking and your appearance.

For healthy teeth:
1. Brush twice a day
2. Floss every day
3. Avoid sugary foods
4. Avoid sugary drinks
5. Visit the dentist twice a year
Q. What do I need to use for brushing my teeth?
   You need a soft bristled toothbrush and toothpaste with fluoride in it.

Q. How much toothpaste will I need?
   About the size of a pea.

Q. How long do I need to brush my teeth?
   Brush for two minutes.

Q. Why do I need to floss my teeth?
   Flossing can remove food and plaque that your toothbrush cannot reach.

Q. How do I floss?
   Use about 18 inches of floss but leave about two inches between your fingers to use. Gently slide floss between your teeth, following the curves of the teeth.