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
What do I need to use for brushing my teeth?

You need a soft bristled toothbrush and toothpaste with fluoride in it.

How much toothpaste will I need?

About the size of a pea.

How long do I need to brush my teeth?

Brush for two minutes.

Why do I need to floss my teeth?

Flossing can remove food and plaque that your toothbrush cannot reach.

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.