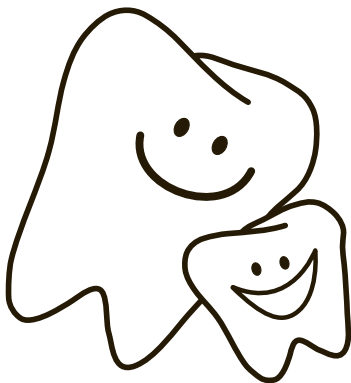


Germs and My Teeth

Did You Know?

- Germs cause cavities. We have germs in our mouths that use the food we eat to make acid. This acid weakens teeth and causes cavities.
- To prevent cavities, clean away food and germs. Brush every day—after breakfast and before bed.

Hi! I'm a cavity germ.



Do Together

Make toothbrushing a regular and fun part of your child's bedtime routine. When you brush your child's teeth tonight, tell him or her you're going to get all of the "cavity germs".

Say fun things like, "Oh, I got one!" or "Oh, there's another one, I'm going to get it!"

Take the Healthy Mouth Challenge!

I will:

- Brush my child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste—a smear from the first tooth up to age three, the size of a pea after that.
- Make toothbrushing fun by telling my child "I'm going to get all of the cavity germs! Oh, I got one!"

