

Let's Brush!

Did you know?

- You need to brush your child's teeth until they are eight years old.
- You can make toothbrushing fun and easy by taking turns with your child. First, let your child brush her own teeth. Then take the toothbrush and brush the sides and biting surfaces of every tooth in small circles.



Take the Healthy Mouth Challenge!

I will:

- Brush our teeth together every day—after breakfast and before bedtime.
- Make toothbrushing fun by telling my child to open big and roar like a lion!
- Make sure the toothbrush is the last thing to touch my child's teeth before bed!

