



BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Village
family dental
Knowles, Smith & Associates LLP
www.vfdental.com

Bring this completed sheet to your closest Village Family Dental for a free toothbrush kit while supplies last! Parent or guardian must bring in sheet.

Visit MouthHealthy.org/SmileBuilders for more activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.

ADA American
Dental
Association®