

# 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](http://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®