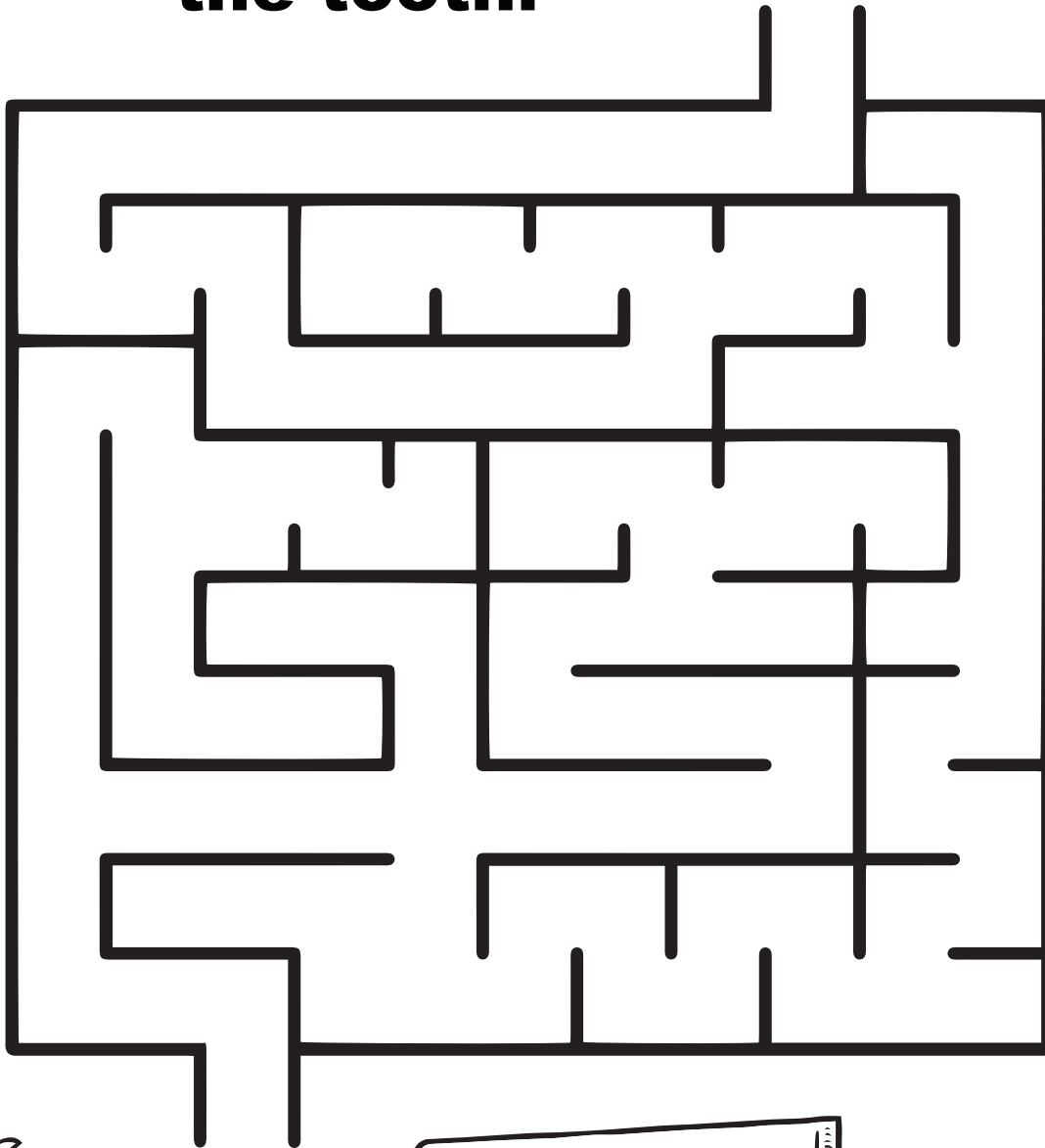


Help get the toothpaste to the tooth!



END



START!



**Fluoride
Toothpaste**

Visit [MouthHealthy.org/SmileBuilders](https://www.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.

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