Follow these steps to keep your teeth clean and healthy.

**BRUSH**

- Brush your teeth at least twice a day. It’s best to brush your after breakfast and before you go to bed.
- Use a soft brush and change it often and after you have been sick.
- Spend at least 2 minutes each time you brush. Brush the fronts, backs, and top surfaces of every tooth in slow circles.
- Don’t forget to brush your tongue. This will help keep your mouth clean and fresh.
- Use toothpaste with fluoride. Fluoride in your toothpaste will help prevent cavities. Remember, you only need to use a pea size amount on your brush.
- Do not swallow any toothpaste. Use a small amount of toothpaste and don’t forget to spit it out.

**FLOSS**

- Floss your teeth every day to reach the sides of the teeth that your toothbrush can’t reach and to keep your gums healthy.

**EAT HEALTHY FOODS**

- Choose healthy snacks to eat like fruit, vegetables, cheese, and milk. Don’t forget to drink fluoridated water.

**VISIT YOUR DENTIST**

- Visit your dentist. Get your teeth checked twice a year. Ask what you can do to keep your teeth healthy.