

**5 steps
TO GOOD ORAL CARE**

1 **Brush your teeth twice a day**
Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night.
Don't swallow the toothpaste – spit it out in the basin!

2 **Limit sugary snacks & drinks**
Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.

3 **Visit your dentist**
Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.
Mom and Dad: Start dental visits early & build enthusiasm.

4 **Floss**
As soon as you've got 2 teeth that touch, you (along with your Mom or Dad) should floss to remove the plaque.
Hold the floss between your fingers, and gently rub the floss between your teeth.

5 **Change your toothbrush every 3 months**
If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!
Ask your Mom or Dad for a new toothbrush every 3 months.

Go to www.colgatebsbf.com for more information

1. What kind of toothbrush should you use? A. hard b. soft c. small d. big
2. What kind of toothpaste should you use?
a. with fluoride b. with Vitamin D c. with iron d. with Vitamin C
3. What is the opposite of "swallow"? a. bird b. breath c. eat d. spit
4. What does "limit" mean? Use a little Use a lot
5. What are the best drinks for your teeth? Choose 2 drinks.
a. wine b. orange juice c. milk d. water
6. When you floss, what do you remove?
a. dirt b. plaque c. enamel d. cavities
7. Is this page for children, adults, or both?