



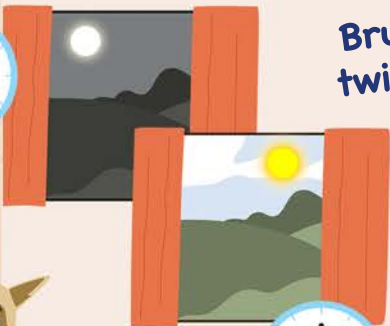
TAKE CHARGE



to Protect Your Winning Smile and Stop Tooth Decay

We need to develop good habits to take care of our teeth and gums

Bedtime



Brush all teeth twice every day



Morning

Brush your teeth for

2 MINUTES



Brush all sides of your teeth with help



Use a pea-sized amount of toothpaste containing fluoride



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Eating and Drinking Habits



Healthy, balanced meals, including food with natural sugars like fruits



Avoid sugary food or drinks, especially before bedtime and between your meals



Healthy

Unhealthy



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