STAY HEALTHY!
Brush your teeth!

HEALTHY B.A.S.I.C.S.
(**B**uilding **A**ctive **S**trategies to **I**nform **C**hildren in **S**chool)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

For additional information, contact:

Children's Health Fund
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MetLife Foundation

Children's Health Fund

HEALTHY B.A.S.I.C.S.

HEALTHY TEETH
BRIGHT SMILES

Brush teeth twice a day every day

Use toothpaste, floss and rinse with water
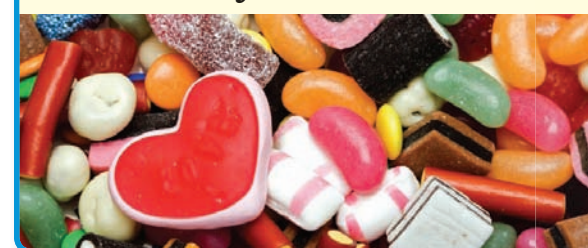
Get help from a grown-up

HOW DO I KEEP MY TEETH AND MOUTH CLEAN AND SAFE?

Eat and drink healthy meals and snacks

Visit a dentist!
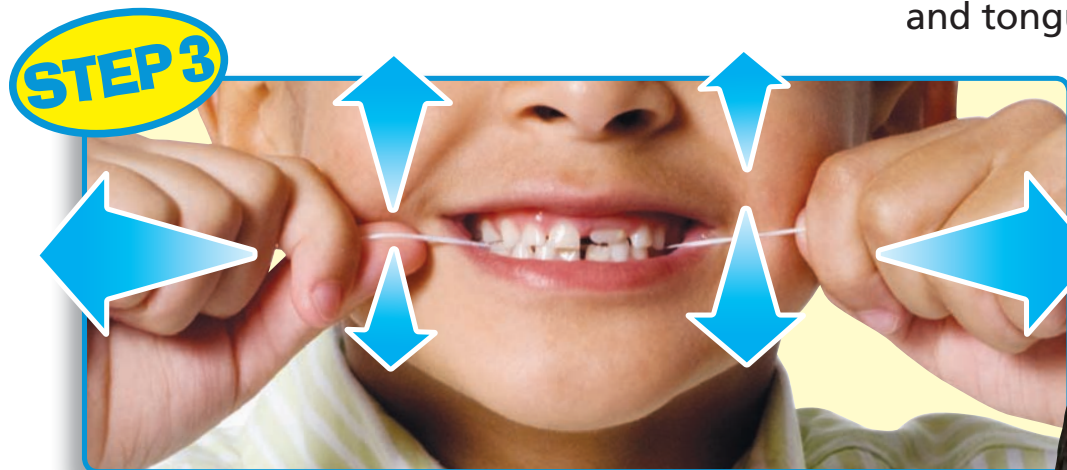
Avoid sticky and sweet snacks

HOW TO BRUSH YOUR TEETH

STEP 1

Put toothpaste on brush.

STEP 2

Gently brush teeth on all sides, gums, and tongue. Rinse.

STEP 3

Floss between teeth to remove food bits.

STEP 4

Rinse well two or three times.

STEP 5

Smile!

Brushing your teeth helps keep you healthy.

Dental Health

means keeping your mouth and teeth clean, safe and free from germs

Why is it important?

❏ Helps you chew your food, talk clearly and smile brightly.

❏ Prevents holes in your teeth and bleeding from your gums.

❏ Prevents pain in your mouth.

What do I need?

Toothbrush

Toothpaste

Floss

FIL DENTAIRE