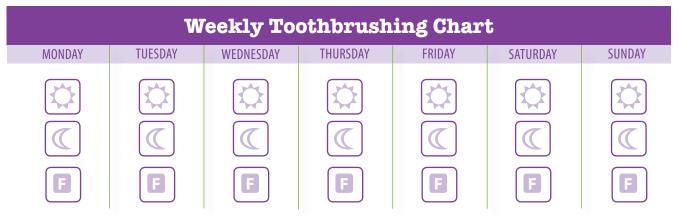
## **Tooth Protecting Tools**

Talk TogetherTalk with your child about the toolswe use to protect our teeth.	
<ul> <li>A toothbrush cleans away food and germs.</li> <li>Toothpaste has fluoride to protect teeth from cavities.</li> <li>Dental floss gets out the foods and germs that get stuck between teeth.</li> <li>Swishing and swallowing helps rinse food off teeth when we can not brush.</li> </ul>	<b>Swish and Swallow</b> when you don't have your toothbrush with you! Take a big drink of water and swish it all around your mouth.
Take the Healthy Mouth Cha	allenge!
Brush my child's teeth every morning and nig toothbrush and fluoridated toothpaste—a si up to age 3, a pea-sized amount after that.	
up to age 3, a pea-sized amount after that.	
Help my child floss his teeth once a day.	

## Color in the box when you brush in the morning and night and when you floss.

\_ \_ \_ \_



 $\gg$ 

**BRUSH, FLOSS, SWISH**