

# Practicing Healthy Teeth Habits!

## Habits to Practice

- **Brush** your teeth twice a day for two minutes each time
- **Floss** your teeth once a day at nighttime
- **Use** fluoride toothpaste
- **Eat** a balanced diet of healthy food
- **Visit** the dentist twice a year



## A Dentist

- **Examines** teeth as they grow
- **Checks** for cavities, tooth decay, or other tooth concerns
- **Offers** tips and support to better oral health habits

## Avoid

- **Vaping**
- **Using teeth** as tools
- **Tooth grinding**
- **Tooth clenching**
- **Eating and drinking** sticky, sugary items

