

Super Smiles Guide for Super Kids

1 Brush 2 times for 2 minutes a day

Use a pea-sized dot of fluoridated toothpaste and brush around every tooth.

2 Floss every day

Gently wiggle the floss between your teeth to keep gums happy.

3 Eat tooth-friendly foods

Choose fruits, veggies and cheese for a big smile.

4 Snack smart

Limit snacks with sugar and soda. Drink plenty of fluoridated tap water.

5 Visit the dentist

See your dentist 2 times a year to keep your teeth shiny and strong.



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4 Fun Facts About Teeth

1 Dental Detectives

Your teeth are as special as your fingerprints—no two are the same!

2 Super Strong Enamel

Tooth enamel is the hardest part of your body; even stronger than your bones!

3 Tooth Count Facts

Humans have 32 teeth, dogs have 42, and sharks can have 300 and believe it or not snails have 25,000!

4 Giraffe Grins

Giraffes only have bottom teeth—no top teeth at all!

Scan the QR code for more information about keeping your teeth healthy!



Source: American Dental Association



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