

Our teeth are super important for us. They help us to chew and break down the food we eat. They also help us to talk and sing!

**Go Visit Your Dentist!**

Your dentist will clean and polish your teeth and check for any issues you may have.

***Remember: Pack a water bottle whenever you go out. Avoid sugary drinks!***

***Flossing is very important as it gets rid of the food your brush may have missed!***

Remember to brush your teeth twice a day!

**Did you know we only have 52 teeth in our life time?**

**You Must Protect Your Teeth!**