**Protect Our Teeth - facts and Suggestions**

**Brush your teeth twice a day for about two minutes.**

**Remember to clean the whole tooth but don’t brush too hard!**





**Remember to floss your teeth at least once a day as it will help get rid of the bits of food that got missed by Incredible Brush.**

**Choose to drink water or milk. Water has 0 sugar and is great for your body as well as your teeth. Also, I sometimes like to add some fluoride power to water.**

**Watch out for sugar in your food!**

**Too much sugar can damage your teeth by causing cavities!**

**Visit your dentist at least once a year.**

**I will clean and polish your teeth and look out for any problems I need to fix.**