



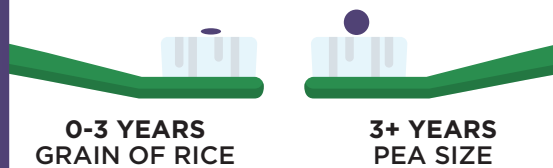
KEEP CAVITIES AWAY

Brush Those Teeth Twice a Day!



MONTH	First Week		Second Week		Third Week		Fourth Week	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Kids Toothpaste Tip



Adapted from an American Dental Association (ADA) graphic.

HEALTHY HABITS START AT HOME: Brush the teeth twice a day with children's fluoride toothpaste at the appearance of the first tooth.

Ages 0-3: Use a smear of fluoride toothpaste the size of a grain of rice.

Ages 3+: Use a pea size amount of fluoride toothpaste.

