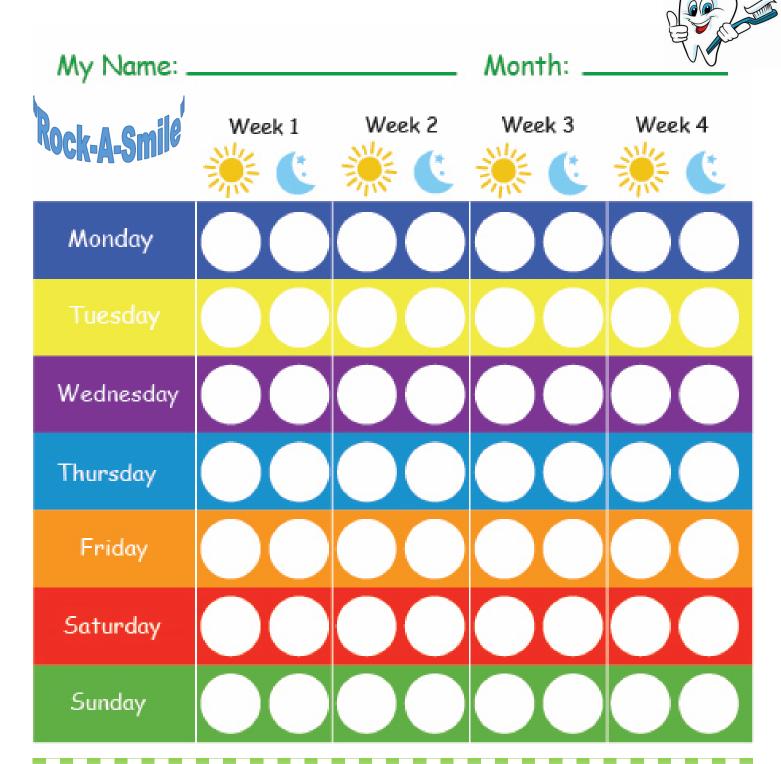


MY TEETH BRUSHING SCHEDULE

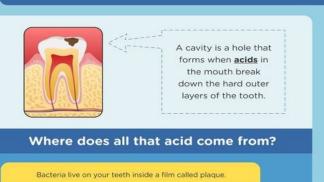
Created Especially For You Rockin Happy Rocks

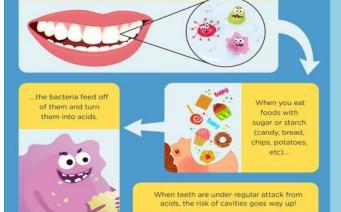
Don't forget to also drink plenty of water each day. Drinking water with fluoride which is "nature's cavity fighter" is one of the easiest and most beneficial things you can do to help prevent cavities. It washes away leftover food, helps you swallow with ease and keeps your teeth strong by washing them.

















Brush after meals with fluoride toothpaste, and floss at least once per day.



Limit snacking, Constantly munching gives the bacteria in your mouth a lot to chew on as well!



Just say no to juice, sodas, and sugary drinks.



Avoid chewy or sticky candy. It sneaks between your teeth and can get stuck there for days!



Visit the dentist every six months so you can catch cavities while they're still small.



Sealants are a clear plastic coating put on teeth which prevent food from getting trapped in hard-to-brush areas.



How do you know if you have a cavity?



Untreated cavities can cause a toothache.



Dentists can spot cavities that the untrained eye



X-rays reveal cavities hidden between teeth