

know your DENTAL HEALTH

A DIET THAT IS RICH IN VITAMINS, MINERALS, AND FRESH FRUITS AND VEGETABLES CAN HELP PREVENT GUM DISEASE.



THE AVERAGE PERSON SHOULD BRUSH:

- 6 minutes a day
- 42 minutes a week
- 36.4 hours a year
- 122 days in their lifetime



Store your toothbrush in an upright position and allow it to air-dry until using it again.

A HEALTHY DIET IS ESSENTIAL TO HEALTHY TEETH AND GUMS.



A GLASS OF WATER IS THE BEST DRINK TO GIVE YOUR CHILD AFTER EATING SUGARY FOODS.



BRUSH YOUR TEETH

Just before you go to bed and before you have anything to eat at breakfast.

