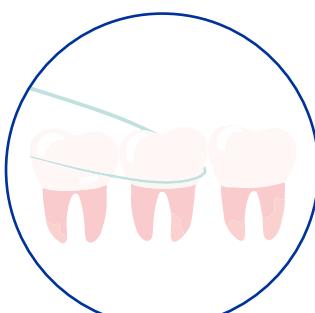
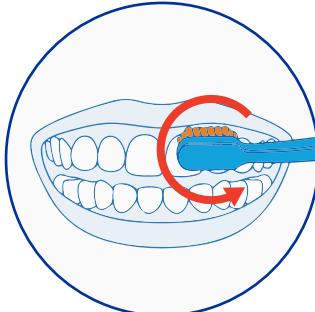


Strong Smiles for the Whole Family

What can you do to support healthy smiles for the whole family? Let's find out!

1. Brush teeth twice a day with fluoride toothpaste for two minutes each time!
2. Remind everyone to brush their tongue every time they brush their teeth.
3. Drink water more often than any other drinks, especially after meals or snacks to help rinse teeth clean and prevent plaque buildup.
4. Change soft-bristled child sized toothbrushes every 3 months or after being sick to keep germs away from your teeth.
5. Eat a balanced diet that limits sugary or sticky snacks and drinks.



Get lots of vitamins and nutrients to help teeth stay strong and protected, like:

- Calcium
- Potassium
- Phosphorus
- Vitamins D, K, C, and A

To learn more, visit [myplate.gov](https://www.myplate.gov).

6. If you can only brush your teeth once a day, it is best to do it at night before bedtime.
7. Never put the toothbrush caps or to-go holders over wet brushes. Make sure the toothbrush stands up with bristles at the top to air dry.

Visit [Smile Help Now](#) or <https://www.insurekidsnow.gov/> to find a dentist near you to visit every 6 months.



WATCH NOW: Lesson 3
[Practice Healthy Dental Behaviors with Family](#)

