5 TIPS FOR A HAPPY SMILE!

1. BRUSH YOUR TEETH, MORNING AND NIGHT!





2. DON'T FORGET TO FLOSS, ONCE A DAY.

3. LIMIT THE SWEETS AND SUGARY FOODS YOU EAT.





4. VISIT YOUR DENTIST EVERY 6 MONTHS.

5. WEAR A GUM GUARD WHEN YOU PLAY SPORTS!



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