

# POSITIVE

## STEPS for a HEALTHY SMILE

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**Protect** your smile by brushing your teeth with a fluoride toothpaste twice a day.

**Open** your mind to healthier snack options like fruits, cheeses and vegetables.

**Start** or continue using a mouth guard during sport activities.

**Inspire** others to stay away from tobacco products. Tobacco products including spit tobacco, cigarettes and snuff cause bad breath and can lead to mouth cancer.

**Tell** your parent or guardian that you need to go to the dentist regularly.

**Introduce** a daily mouth routine. Brush and floss your teeth, limit candy and drink more water.

**Verify** that you are drinking water with fluoride. If you are only drinking bottled water or well water, you may be missing out on getting the tooth strengthening benefits of drinking water with fluoride.

**Encourage** others to drink water instead of soda, sports drinks or sugary juices.

