RIDE THE HEALTHY TEETH TRAIL
Hi! We’re here to tell you about **Good Oral Health Care**! Your permanent teeth can last a lifetime, if you take good care of them.
Fluoride Helps Fight Tooth Decay!
So Use Me Everyday.
We Love Your Teeth!
Good Nutrition is Good for Your Teeth.
Hi! Betsy Floss here. Remember to floss those little beauties to keep your smile bright.
Brushing after every meal and after sweet snacks is GREAT!
Brushing your teeth before bedtime is a good idea.
Keep your teeth healthy and visit the dentist and hygienist. Watch those in-between meal snacks.
Remember kids, stay on the Healthy Teeth Trail.

1. Be sure your teeth are protected by fluoride.
2. Cut down on foods and drinks that have lots of sugar.
3. Go to your dentist and hygienist.
4. Brush and floss your teeth.