

HOW TO BUILD STRONG TEETH

EXERCISE



EAT HARD FOODS

THEY KEEP TEETH AND GUMS HEALTHY AND DEVELOP THE JAW.....

FEEDING



EAT CORRECT FOODS

THEY HELP TO BUILD WELL MADE TEETH
WELL MADE TEETH ARE HEALTHY TEETH

CLEANING



BRUSH YOUR TEETH

NIGHT & MORNING
USE A TOOTHBRUSH WITH A SMALL HEAD

INSPECTION



VISIT THE DENTIST

TWICE A YEAR
AND GIVE YOUR TEETH LONG LIFE

TAKE CARE OF YOUR TEETH AND YOUR TEETH WILL TAKE CARE OF YOU