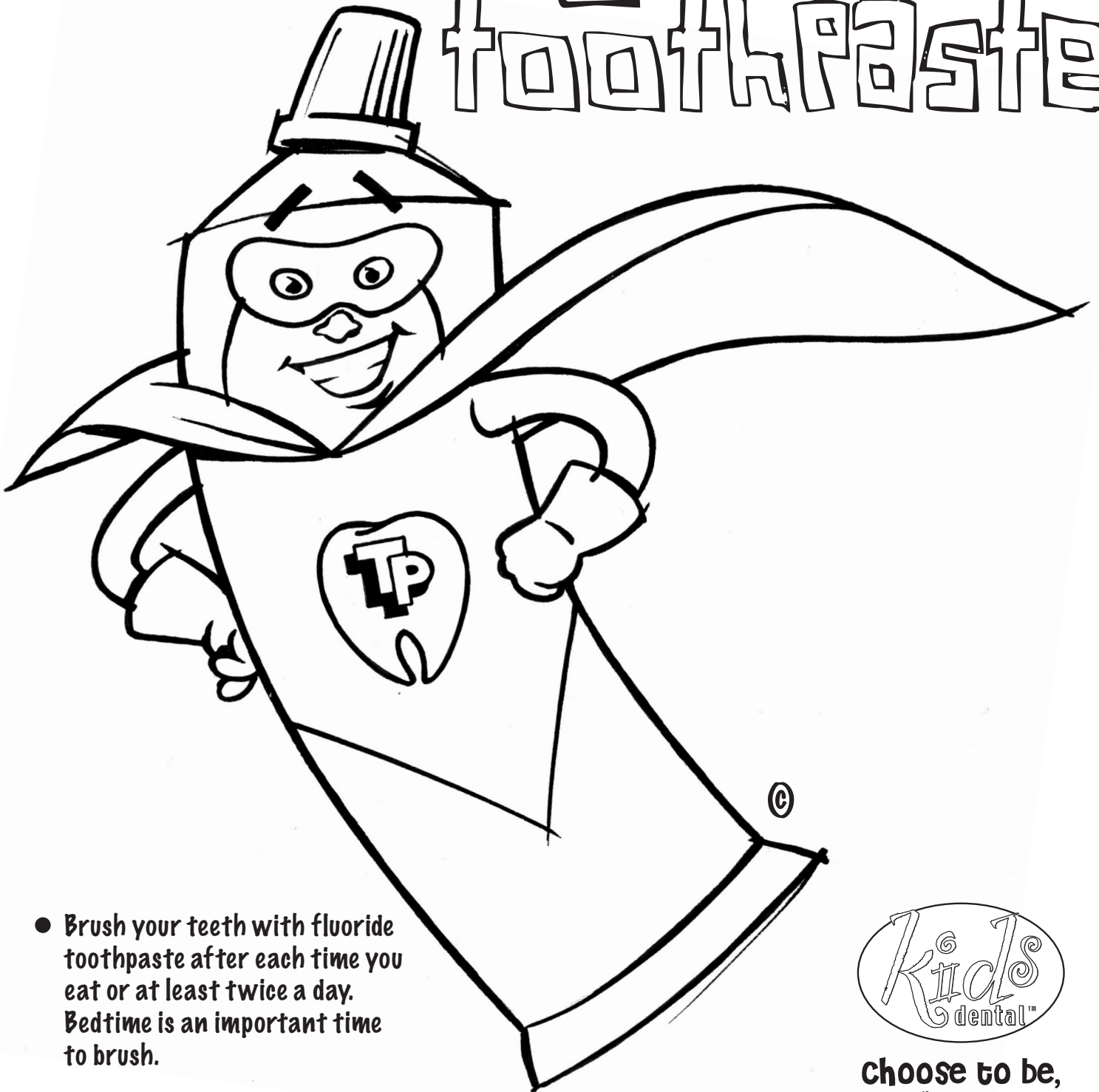


tommy toothpaste



- Brush your teeth with fluoride toothpaste after each time you eat or at least twice a day. Bedtime is an important time to brush.
- Brush your tongue for fresh breath.
- Limit sweets and sugary drinks, like soda.



**Choose to be,
cavity free!**
222•kids
www.kidsdental.ca