

**KOHL'S**  
Healthy  
at Home

# Tips for Tip-Top Teeth!

One of the best ways to start and end a healthy day is to brush your teeth. Brushing and flossing your teeth keeps them healthy by removing the sugar from food that builds up after eating. If the food and sugar particles are not removed from our teeth, bacteria can build up and create little holes in our teeth called cavities. To prevent cavities and protect your healthy smile, follow these simple steps:



Brush at least twice a day – after breakfast and before going to bed is best.



Brush all of your teeth, including in the front, in the back, and along the sides. You can also brush your tongue!



Spend 2-3 minutes brushing your teeth each time. Time yourself with a timer or by playing your favorite song!



Floss once every day, because this helps get the food out of your gums that your toothbrush may miss – after dinner is a good time to floss.



Pick a toothbrush and toothpaste that you like! Many toothbrushes come in different colors and there are a variety of toothpaste flavors to choose from.



Try to get a new toothbrush every 3 months – usually you can get one for free from your dentist if you schedule an appointment.



If possible, visit the dentist twice a year so your teeth and gums can be cleaned and checked.



Eat lots of fruits and vegetables and try to avoid sugary drinks like soda.



Show off your sparkling smile!

*Adapted from KidsHealth.org*