Will you brush with me?
Everybody smiles, even wise old grand-dad. Smiling is a great way to show the world that you’re glad!
To keep my smile bright, the dentist showed me what to do. I wrote it all down.
Can I tell it to you?
Use a toothpaste and toothbrush to get rid of plaque. Plaque causes cavities, so we need to fight back!

Brush the sides of each tooth, then brush where you bite. After brushing at least two minutes, you’ve done alright!
Don’t forget to brush your tongue, and to floss every night.
Flossing gets out plaque that’s stuck in tight.
Eat carrots and apples, even mangoes, if you like.
Don’t eat chips or candy – and tell soda to take a hike!
Choose these foods,
not these,

to help keep cavities away.

Then when you visit the dentist, they'll cheer “Hooray!”
“Congratulations – well done!” The dentist will say.
I can tell you eat right and you brush twice a day.
Now it's time for bed.
Thanks for reading with me.
Good luck with your teeth!
Good night and sweet dreams.