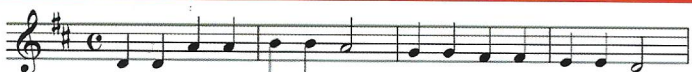




# SMART MOUTH DENTAL

TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

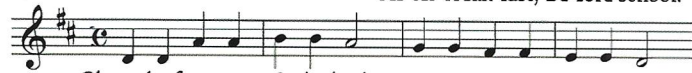
**Singing a song always makes things more fun! Try this one- to the tune of Twinkle, Twinkle, Little Star**



Floss, & Brush, & Clean your teeth  
Every night before you sleep.



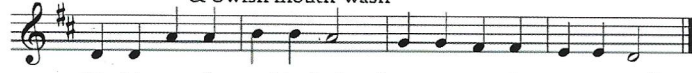
Don't forget the morning too  
After breakfast, Before school.



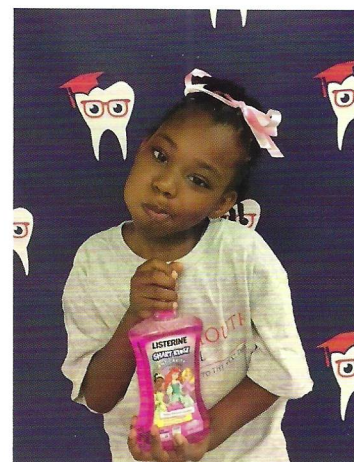
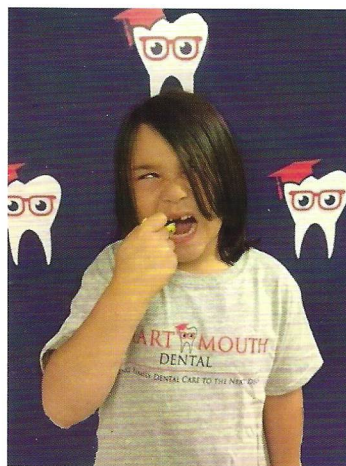
Clean the front ones & the back  
So you clean off all the plaque



Brush your tongue-  
& Swish mouth-wash



Healthy teeth are a big deal So you can enjoy every meal!



# SMART MOUTH DENTAL

TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

**Any Questions???**

Call us --- 630.963.7766

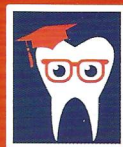
Email us --- [smartmouth@smartmouthwoodridge.com](mailto:smartmouth@smartmouthwoodridge.com)

Follow us on Facebook, Twitter, Instagram & Snapchat

THANK YOU TO ALL OF OUR SMART MOUTH KIDS FOR HELPING!!!

## KIDS GUIDE TO

# HAPPY TEETH



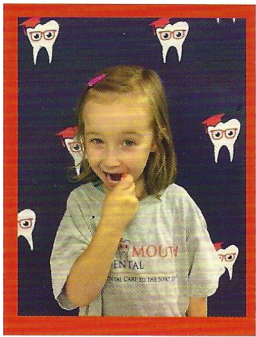
7105 JANES AVE- WOODRIDGE- IL

630.963.7766

[WWW.SMARTMOUTHWOODRIDGE.COM](http://WWW.SMARTMOUTHWOODRIDGE.COM)

# Why do I HAVE to brush and floss my teeth???

- Slimy stuff called "plaque" on your teeth needs to be cleaned off so you don't get holes in your teeth called cavities
- Brushing your teeth cleans off a lot of the plaque BUT flossing gets in-between the teeth where your toothbrush can't reach
- You have to clean your teeth at least two times a day to keep them healthy and strong
- \_\*\_\*\_\*\_ Once in the morning after breakfast
- \_\*\_\*\_\*\_ Once at night before you go to sleep to get all the food and slimy stuff off your teeth



Electric toothbrushes work the best!



## <Swish and Spit>

SWISHING WITH A MOUTHWASH LIKE ACT OR LISTERINE IS EASY AND FUN!!!

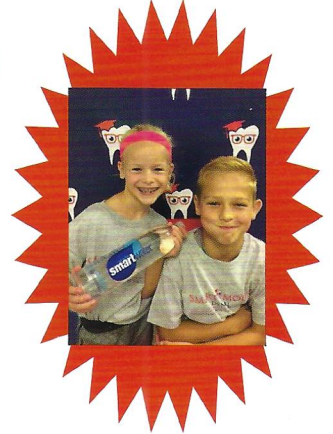
JUST SWISH IT AROUND ALL OF YOUR TEETH BEFORE BED TO HELP KEEP YOUR MOUTH CLEANER AND YOUR TEETH STRONGER!!!

## Give your teeth a bath!!!



Drinking water- or just swishing water- can help to keep your teeth cleaner.

**WATER =**  
the more water  
the better!



## YOUR TONGUE IS LIKE A RUG

... but you can't vacuum it. Brush your tongue with your toothbrush to clean it so you don't have BAD BREATH!

