



Healthy Teeth
for Me!



By: _____

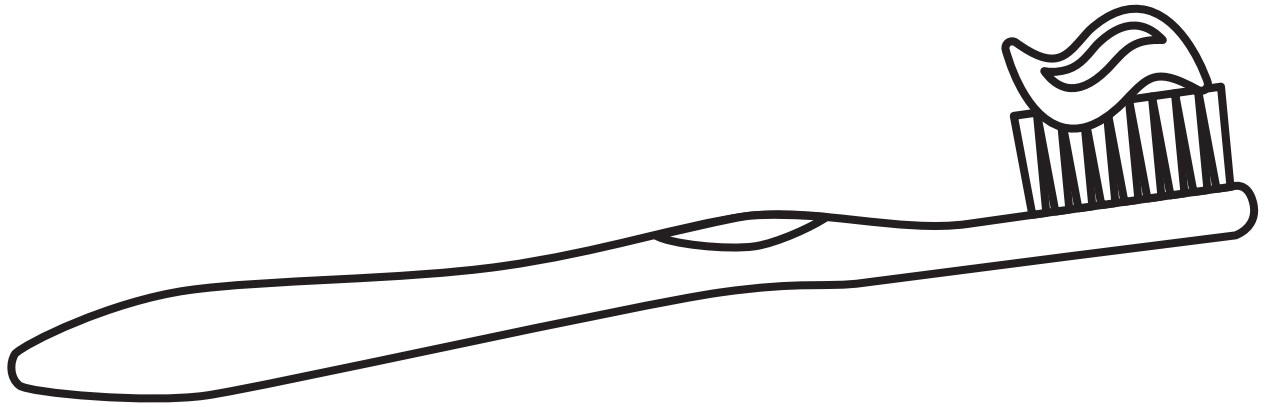


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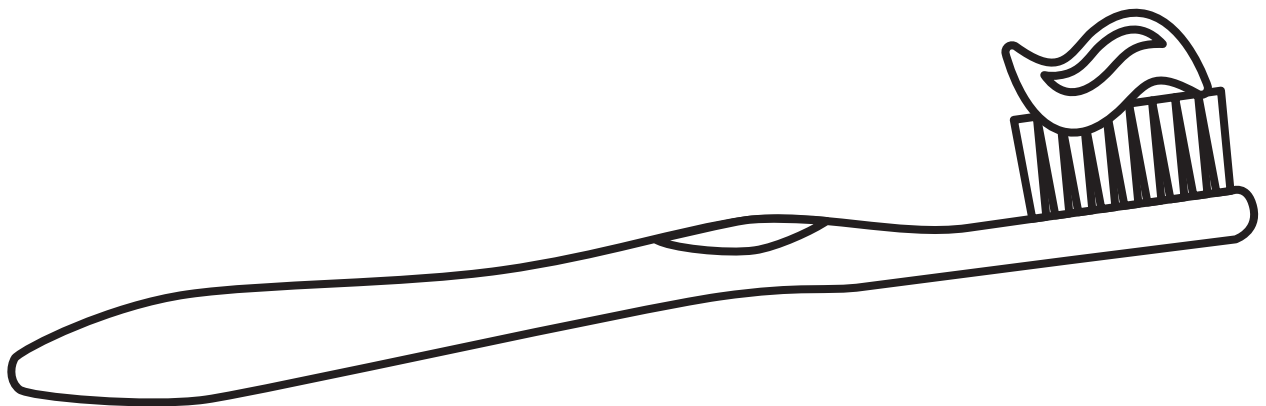


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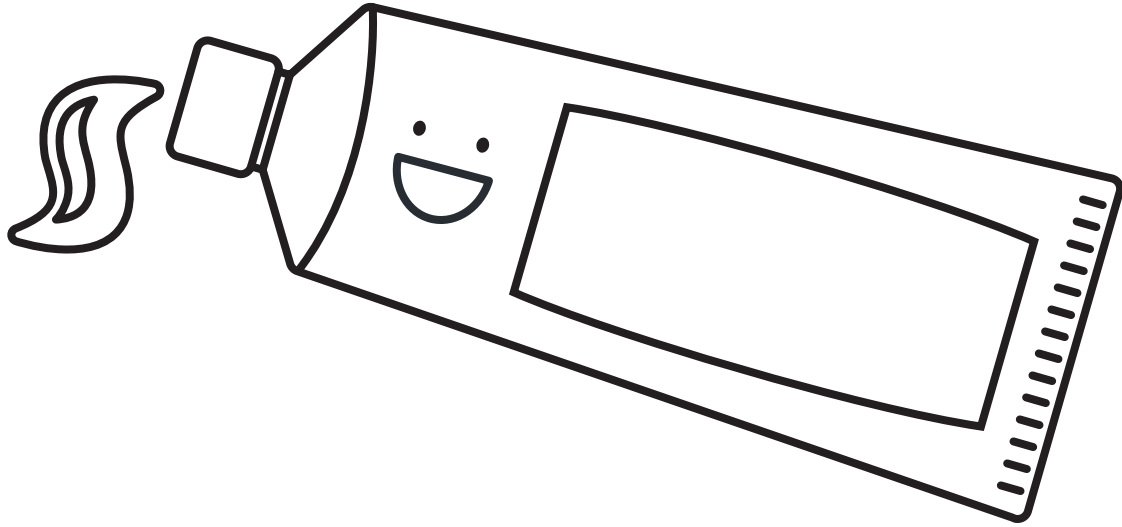
I brush my teeth every day.



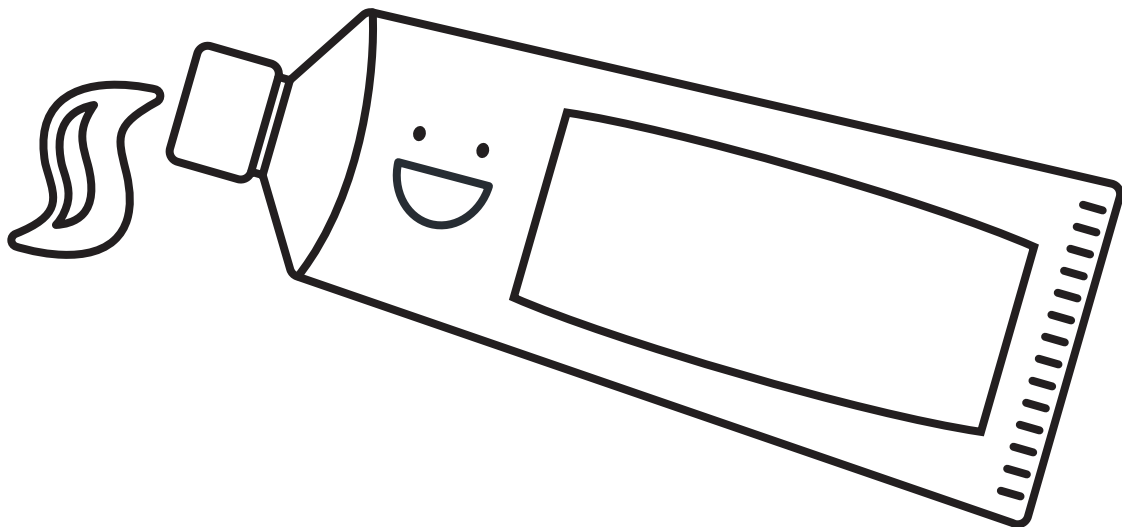
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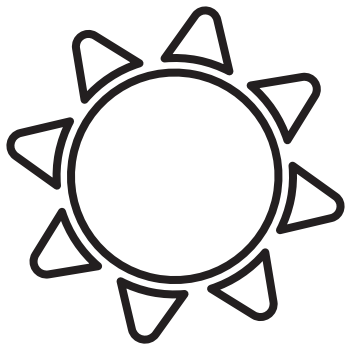
I use toothpaste every day.



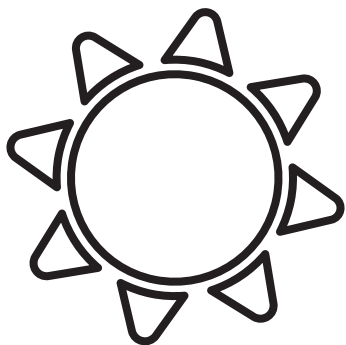
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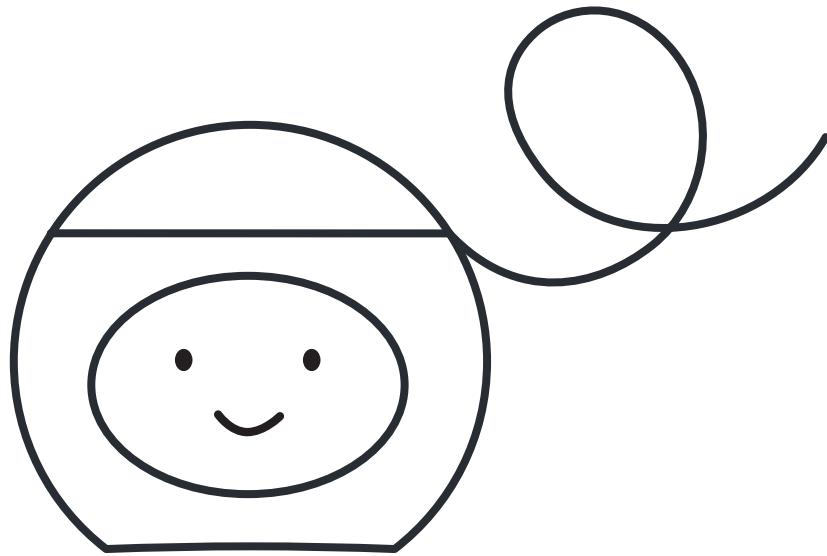
I brush my teeth for two minutes, two times every day.



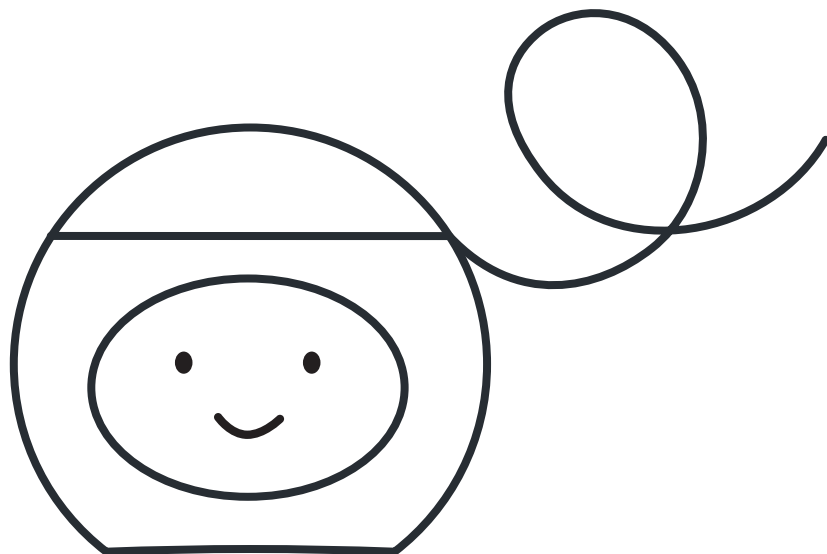
I brush my teeth for two minutes, two times every day.



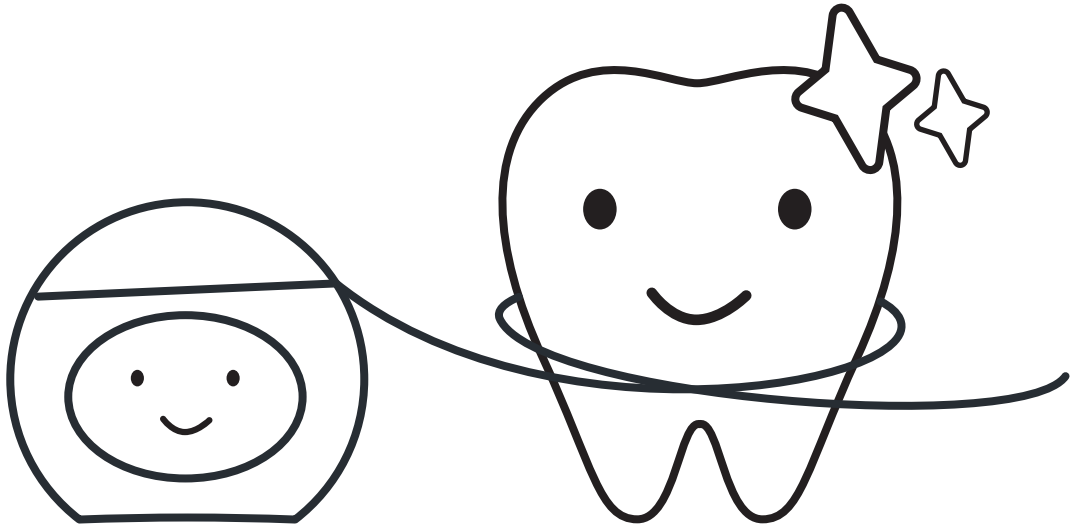
I floss my teeth every day.



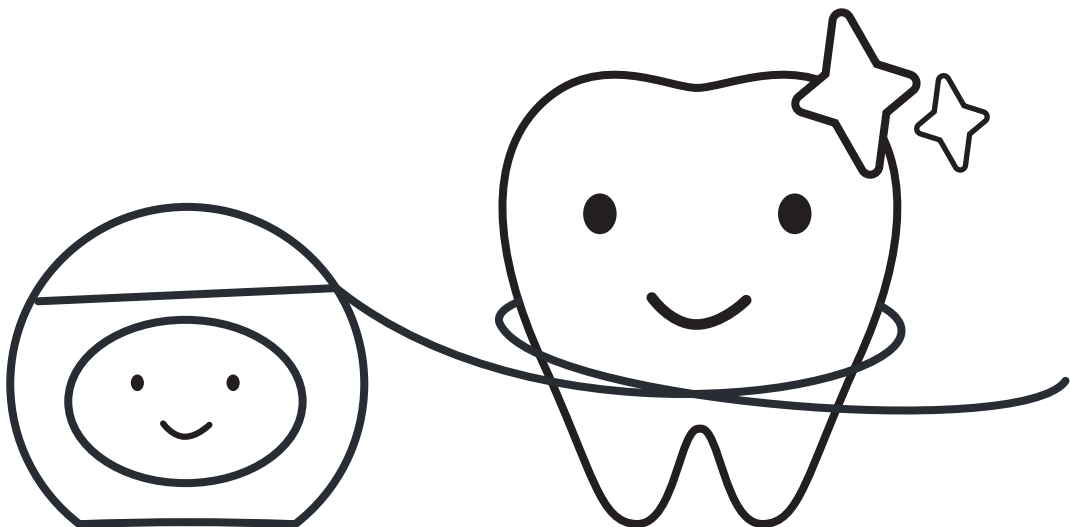
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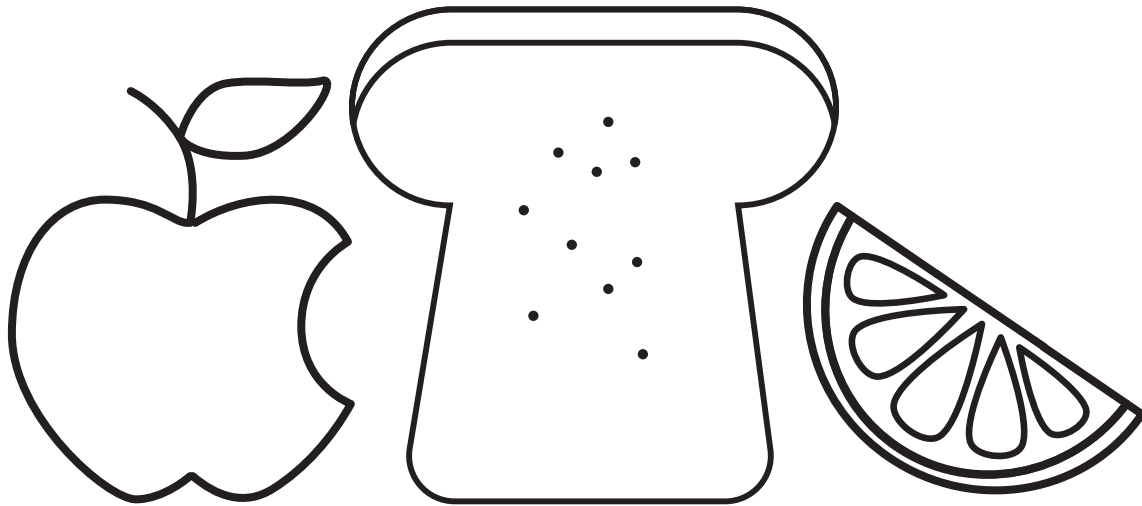
Flossing keeps my teeth clean.



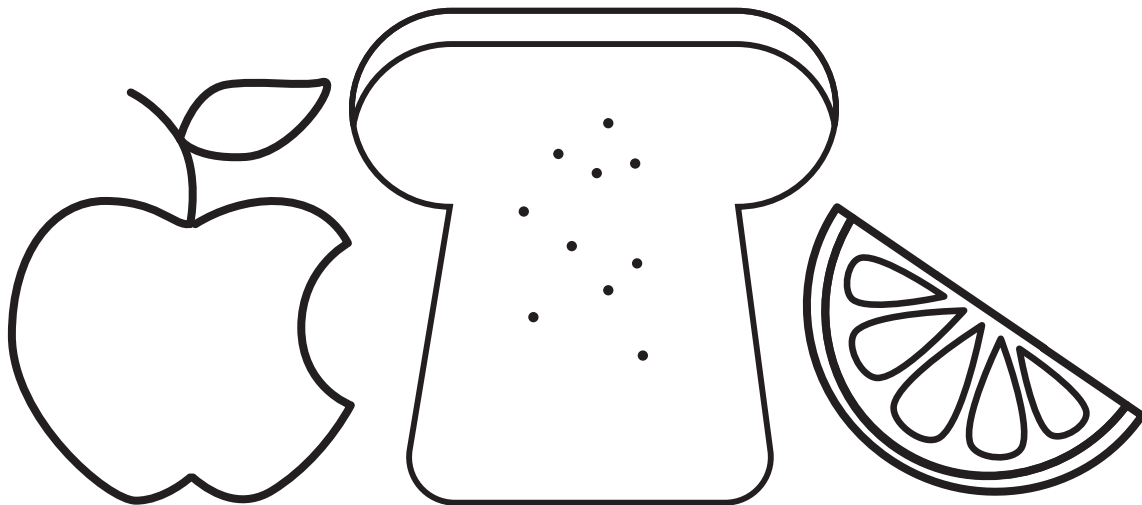
Flossing keeps my teeth clean.



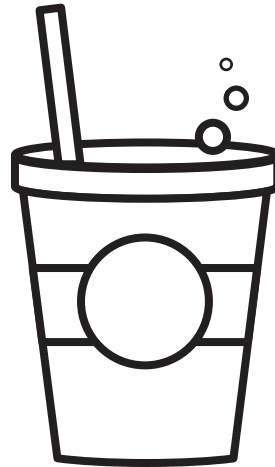
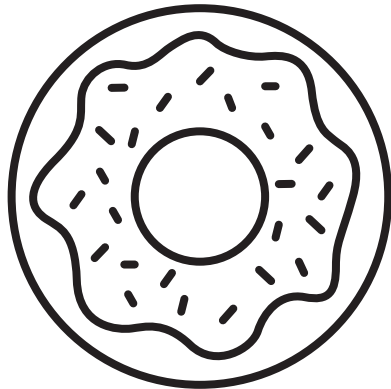
I eat healthy foods every day.



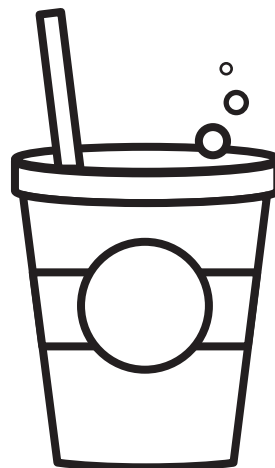
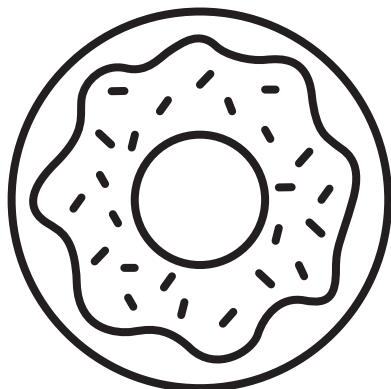
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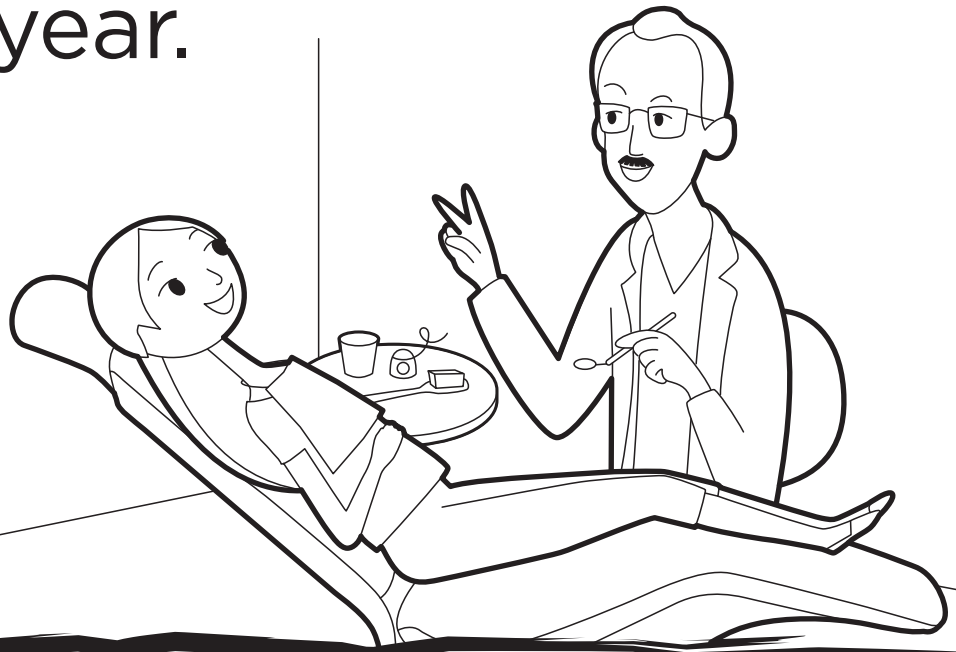
I do not eat too much sugar.



I do not eat too much sugar.



I visit the dentist two times every year.



I visit the dentist two times every year.



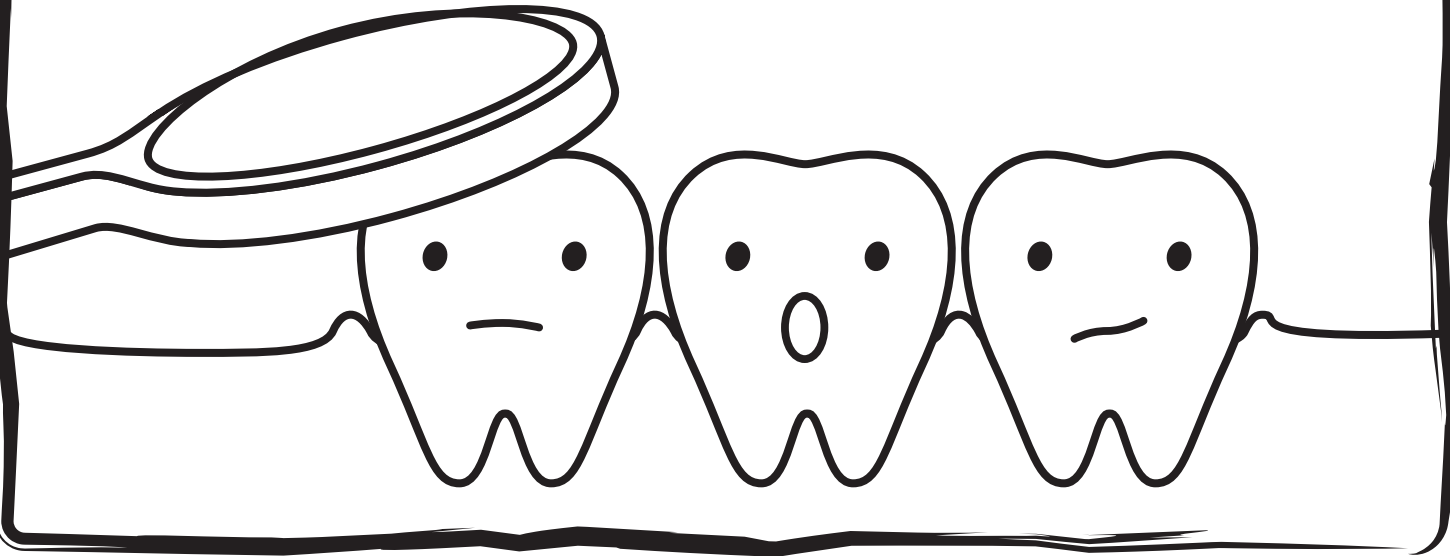
The dentist makes sure
my teeth are clean.



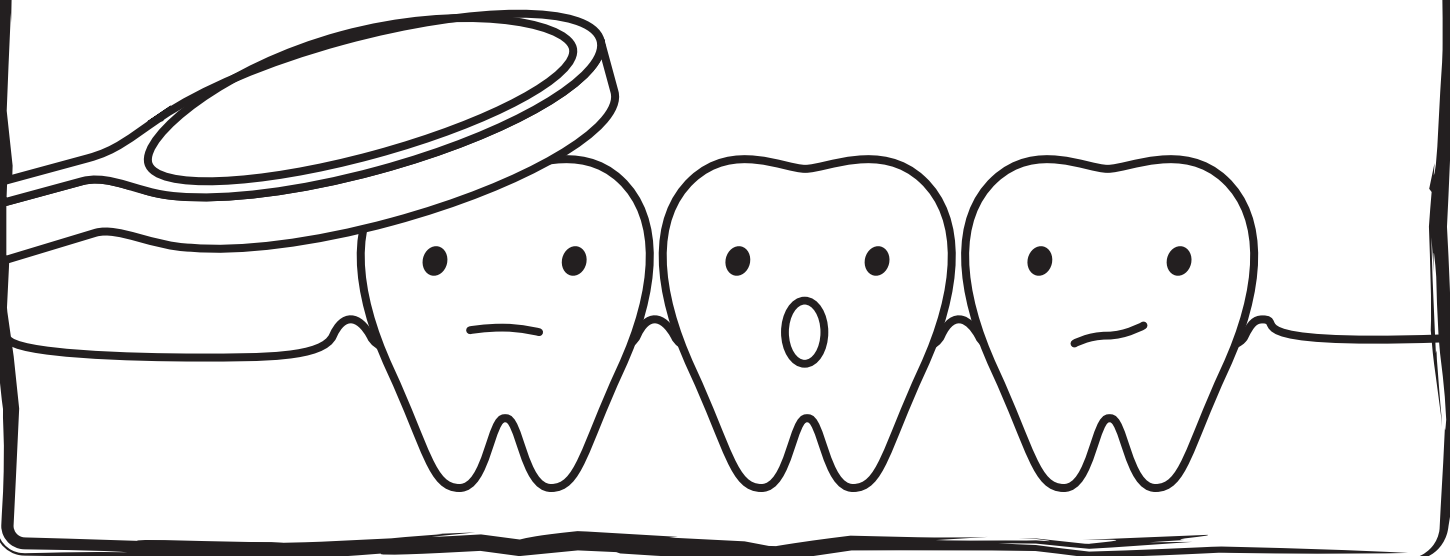
The dentist makes sure
my teeth are clean.



The dentist looks for things in my mouth my parents can't see.



The dentist looks for things in my mouth my parents can't see.



I always leave the dental office
with a healthy and shiny smile.



I always leave the dental office
with a healthy and shiny smile.



Visit **SmileCalifornia.org** to
learn more about oral health!



Text **SMILECA** to **31996**
to receive healthy dental
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