

Rap and Learn About Good Oral Health Habits

Learn this rap and keep
tooth decay at bay!

Twice a day,
brush with glee,
morning and night,
before you dream.



Flossing daily
keeps teeth clean,
sparkling smiles,
they'll surely beam.

Skip sugary bites,
choose fresh delights,
fruits and veggies,
a treat that's right.



Visit your dentist,
keep teeth in sight,
regular checks to
make sure they're alright!



Scan here for a video guide
to teach your little ones on
how to brush their teeth

