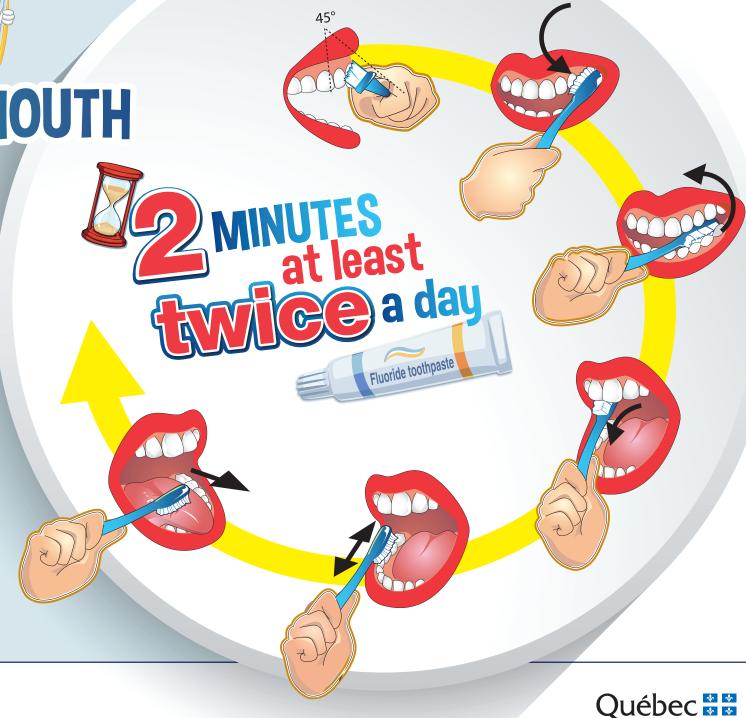
For a HEALTHY MOUTH

With my parents' help:

- for 2 minutes at least twice a day.
- I use the right amount of FLUORIDE TOOTHPASTE,

as soon as I get my first teeth:under 3 years of age:

- under 3 years of age: grain of rice;
- 3 to 6 years of age: pea;
- over 6 years of age: 0.5 to 1 cm.
- I SPIT OUT any extra toothpaste.
- I DON'T RINSE my mouth and I don't drink water for 30 minutes after brushing my teeth.





AT HOME, I brush my teeth TWICE A DAY.

Put an X on the when you brush your teeth IN THE MORNING and an X on the when you brush your teeth IN THE EVENING.

