

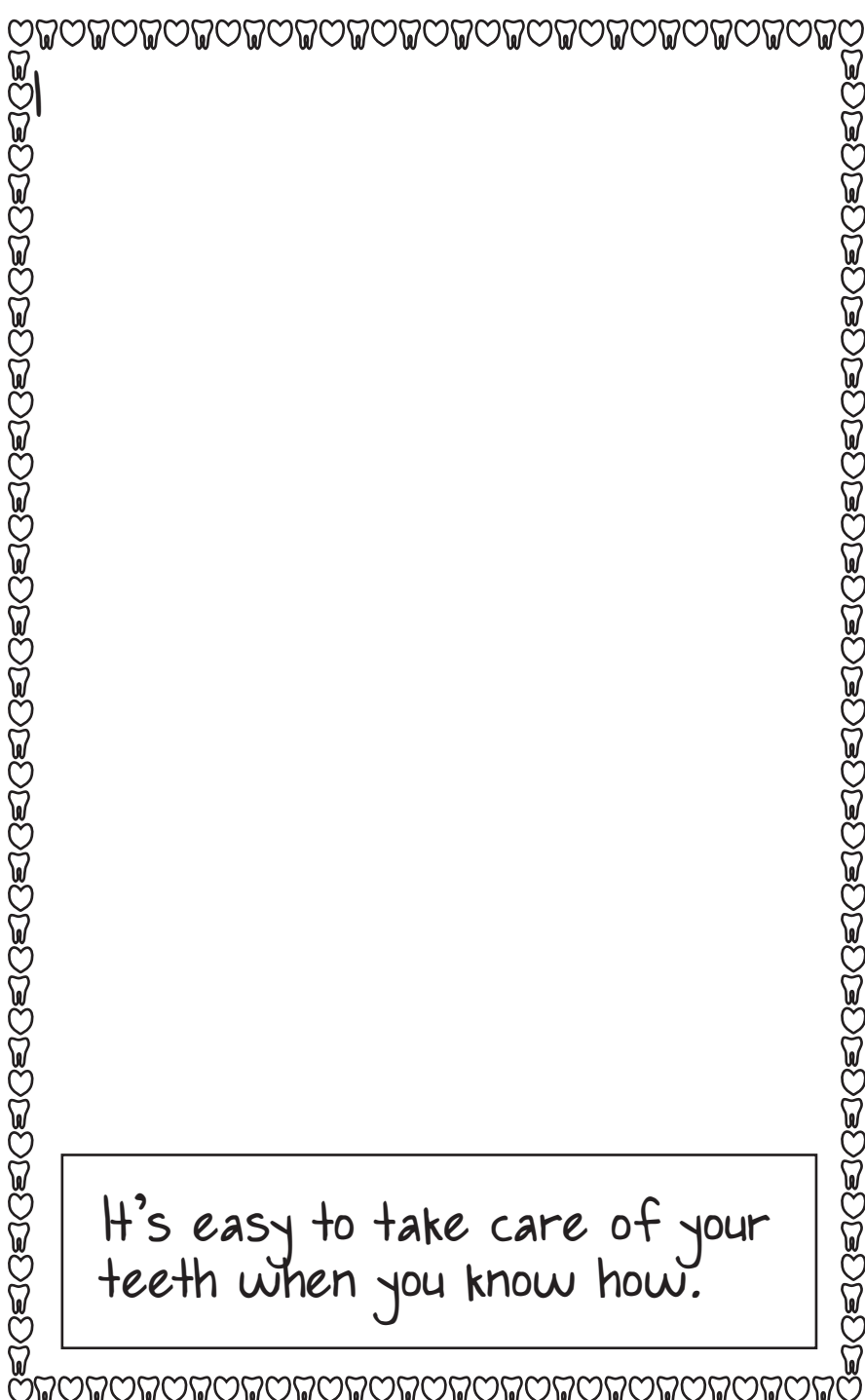
I ♥ My Teeth



a school workbook
all about teeth by

THE **Tooth**
DOCTORS
FAMILY & COSMETIC DENTISTRY

illustrate the story to show
how you take care of your teeth.



First, you brush your teeth every morning.

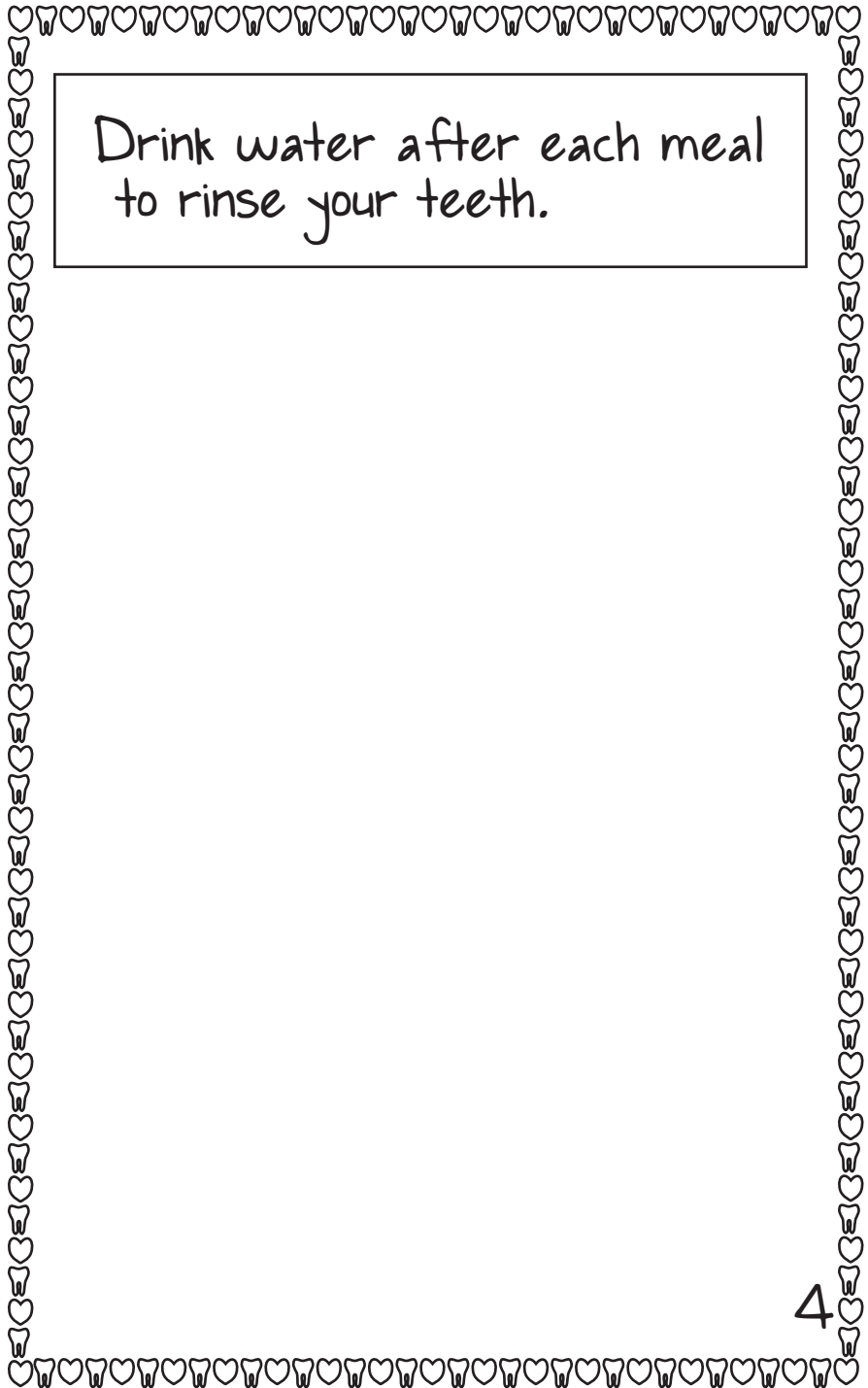
It's easy to take care of your teeth when you know how.

3

During the day you eat healthy foods to keep your teeth strong.

Drink water after each meal to rinse your teeth.

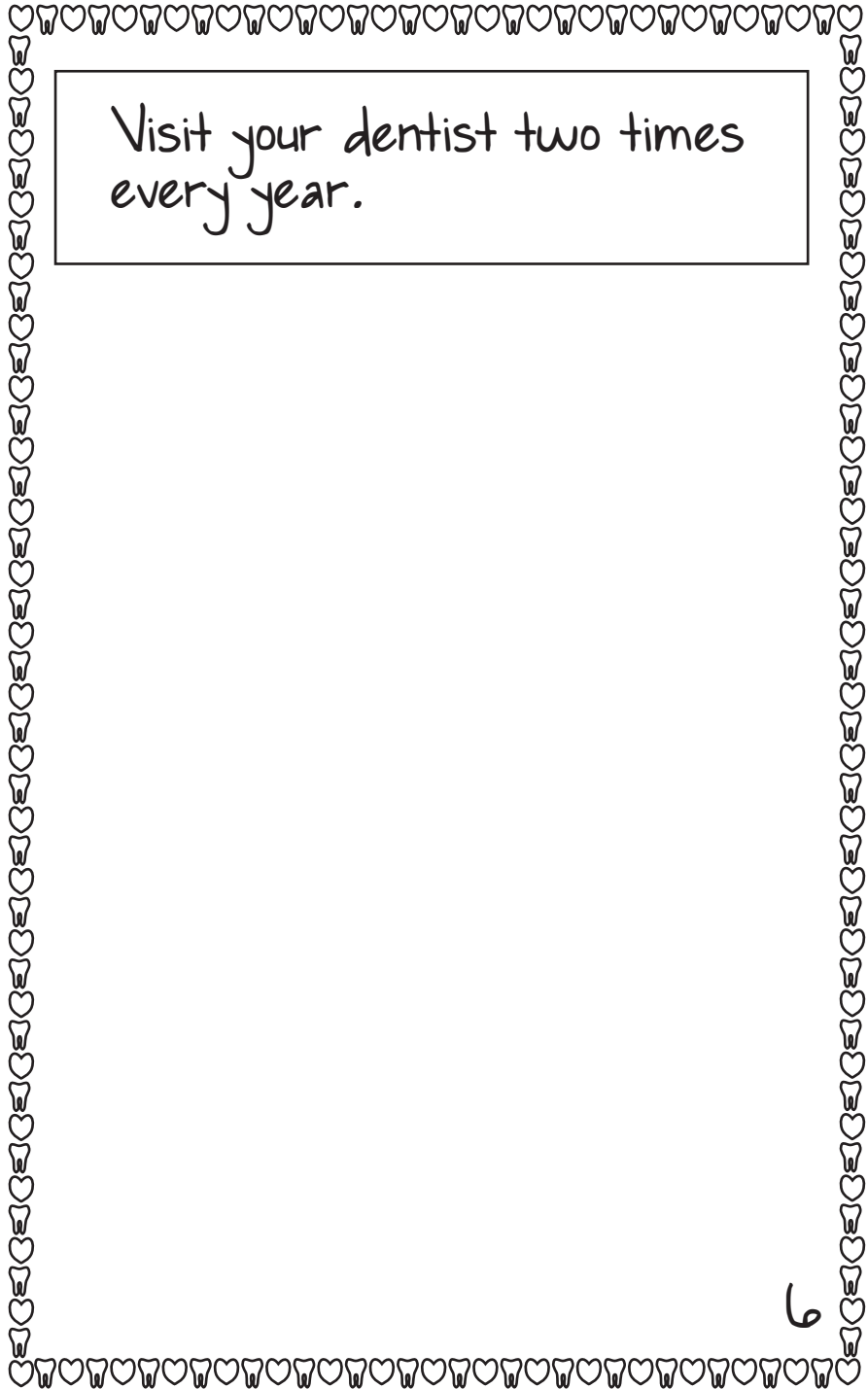
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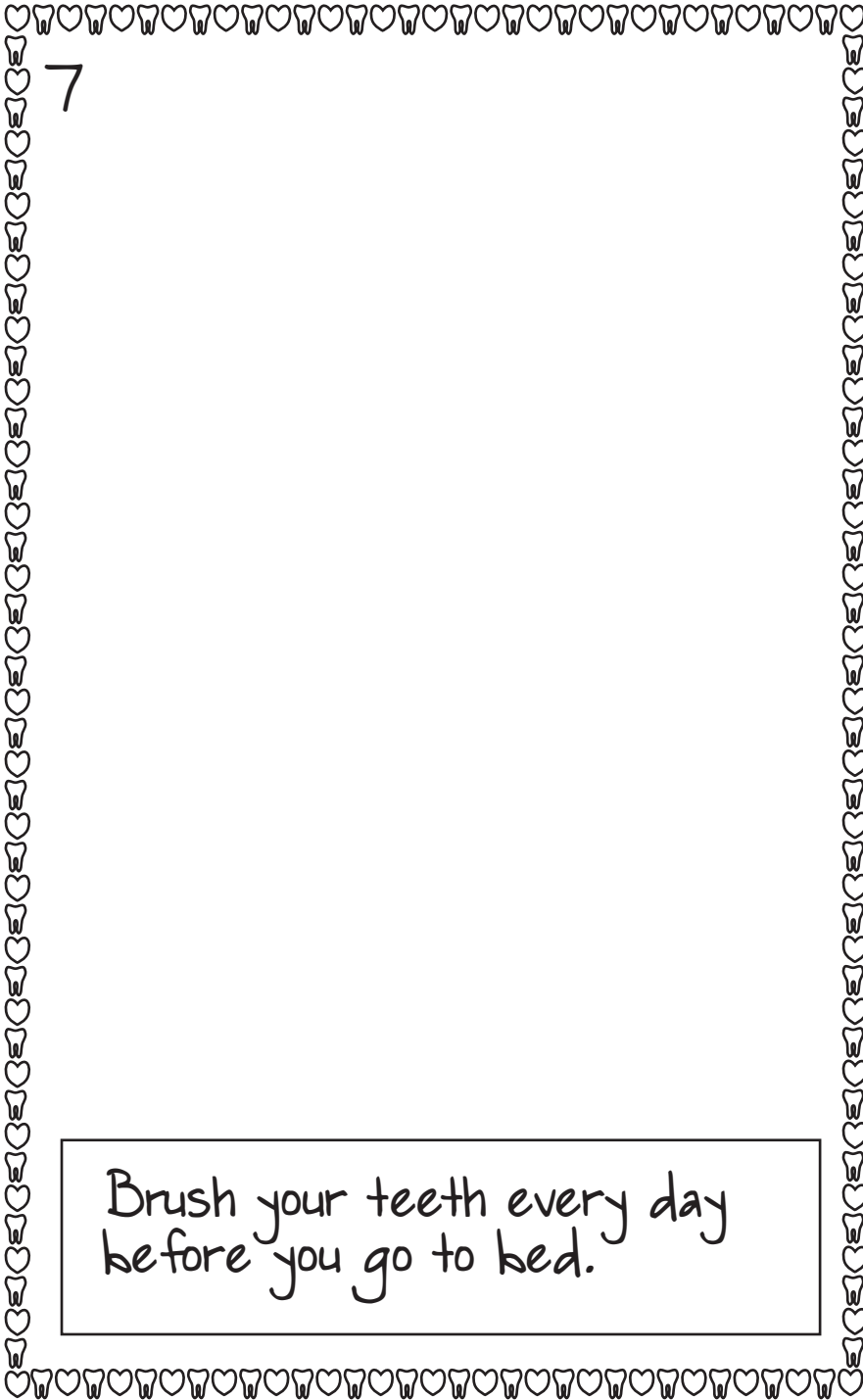
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Don't eat a lot of sugary or sticky foods.

Visit your dentist two times every year.



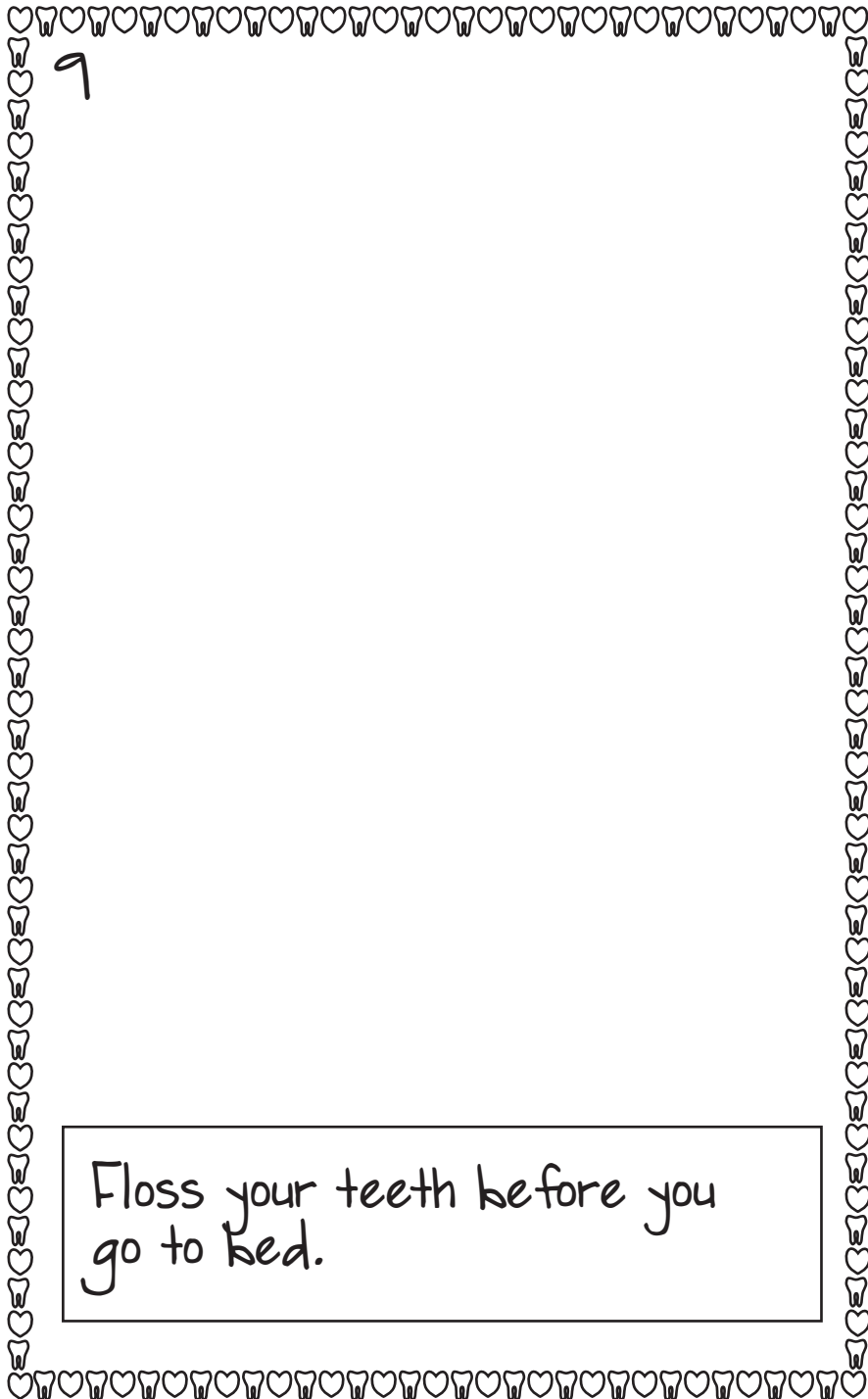
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7

Brush your teeth every day
before you go to bed.

Don't eat or drink anything
after you've brushed your
teeth at bedtime



9

Floss your teeth before you go to bed.

Get a good night's sleep to keep your body healthy and strong