TOOTH BRUSHING HABITS

Take time to get that grime!

*Did you know that how long and how often your child brushes their teeth matters for dental health?*

Brushing teeth helps remove leftover food and sugar from your child's teeth. **This stops bacteria from making cavities!**

**QUICK TIPS**

for sparking clean teeth:

- brush in the morning and at night
- eat veggies – they're nature's toothbrush!
- show your child how YOU brush your teeth
- help your child brush their teeth until they are ready to do it themselves

Visit www.eamail.uconn.edu or www.eatright.org/childrenshealth or www.choosemyplate.gov for more tips and recipes!
Visit www.snap4CT.org for food resource benefit information.

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