





TIPS FOR A MONSTER-FREE MOUTH

- Tooth brushing and flossing twice a day is the best way to keep the Mouth Monsters away. Brush your teeth after breakfast and before bed—two minutes each time.
- Remember to visit your pediatric dentist (a.k.a. Super Mouth Monster Fighter) every six months!
- Who's afraid of fluoride? Mouth monsters! Use toothpaste with fluoride to scare off yuckies on your teeth.
- Mouth Monsters LOVE sugar and carbs watch out how much snacking you do between meals and keep an eye on candy.
- Replace your toothbrush every three months, or if your tooth brush starts to fray.



