THE ADVENTURES OF KEEPING MY TEETH HEALTHY!





Let's learn how to take care of our teeth and keep them healthy and happy every day!

Brushing your teeth helps keep them clean and strong.





Flossing gets rid of food stuck between your teeth, where your toothbrush can't reach.





Eating healthy snacks like Fruits and veggies helps keep your teeth strong.

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Don't forget to drink water too!



Taking care of your teeth is easy! Brush, floss, eat healthy, and visit your dentist regularly to keep your teeth in great shape!



Your smile will shine bright in no time!





Message from the Author:

Thank you for joining us on this tooth-friendly adventure!

We hope this story inspires you to take great care of your smile.

Created with care by Royce Dental Team





THIS BOOK BELONGS TO;

