



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Tooth Tips

- ★ Choose healthy snacks
- ★ Brush 2 minutes, 2 times a day
- ★ Clean between your teeth every day
- ★ Use fluoride toothpaste
(pea-sized amount)
- ★ Change your brush every 3 months

