

I TAKE CARE OF MY ORAL HEALTH

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I PREFER THIS

An adult helps with tooth brushing.

I brush my teeth in the morning and in the evening.

I use fluoride toothpaste.

I drink water when I'm thirsty.

I eat at mealtimes, I don't snack.

I eat sweets only as dessert.

I chew xylitol gum or use xylitol pastilles.



I AVOID THIS

I can brush my own teeth by myself, I don't need help.

I brush my teeth sometimes, not every day.

I only use water to brush my teeth.

I drink juice when I'm thirsty.

I eat whenever I want; I don't have set mealtimes.

I eat treats every day.