

MY SMILE, MY SUPERPOWER!

A STORY ABOUT ORAL HEALTH



with
Dr. SHANNON
of
HIGHMARK DENTAL

Hi, friends!
Let's learn how
to keep our
teeth strong,
healthy, and
sparkling!



1 BRUSH 2 TIMES A DAY!



Brush in the
morning and
before bed
for 2 full
minutes!



2 FLOSS EVERY DAY!



Flossing
cleans between
your teeth
where your
toothbrush
can't reach!



3 EAT SMART!



Choose healthy
foods like fruits,
veggies, cheese,
and drink lots of
water!

**LIMIT
SUGARY
SNACKS
AND DRINKS!**

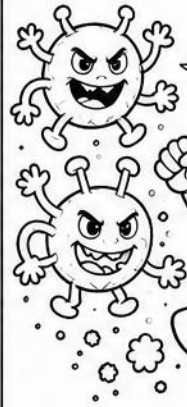


4 VISIT YOUR DENTIST!



Regular dental
check-ups help
catch problems
early and keep
your smile
perfect!

5 FIGHT THE SUGAR BUGS!



We love sugar
and sticky snacks!
We cause cavities!



Brush,
floss, eat
smart, and
see your
dentist—you've got
this!

A HEALTHY SMILE LASTS A LIFETIME!



Take care of your smile today,
and it will take care of YOU
tomorrow!



**THANK YOU FOR LETTING
Dr. SHANNON & HIGHMARK DENTAL
TAKE CARE OF YOUR SMILE!**



**REMEMBER: BRUSH • FLOSS • EAT SMART • SEE YOUR DENTIST
= A SUPER HEALTHY SMILE!**



HIGHMARK DENTAL
Healthy Smiles. Happy Lives.