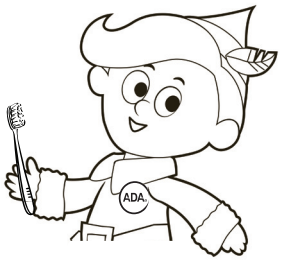
Have You Been **Naughty** or **Nice** to Your Teeth?



Healthy Teeth Check List

Hermey is very excited about studying to become a dentist. He loves teeth and he thinks everyone should know how to take care of them. Here is a Healthy Teeth Check List that Hermey uses so he can remember how to keep his mouth healthy.

- ☐ Brush your teeth two times a day for two minutes. Even the boss elf brushes his teeth for two minutes, two times a day!
- ☐ Eat healthy snacks. Like fruits and vegetables. It's not good for your teeth when you eat sticky candy or sugary cookies.
- ☐ Avoid drinking sodas, juices and sports drinks with a lot of sugar. Rudolph and Santa's Sleigh Team always drink lots of water with fluoride in it. That's why they have such strong, healthy teeth.
- ☐ Protect your teeth by wearing a mouthguard whenever you play any sports. Rudolph and the reindeer never play games without wearing their mouthguard!
- ☐ Just like Hermey, your dentist wants to help you take care of your teeth. Going to the dentist and getting your teeth cleaned is very important. Why? Because yucky plaque can stick to your teeth and make a hole in your tooth. This is called a cavity. Hermey doesn't want you to have a cavity because it can make your tooth hurt.

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