

## Take care of your Grin with these easy steps!

- Cavities happen when sugar and food hang out on your teeth.
- Brushing and flossing keep teeth healthy.
- Healthy teeth means a happy grin!





2 x a day







2 minutes

Small circles on the sides

Back and forth on the top







Gently glide floss on each side











Drink water, not soda or juice

Eat fruits and veggies



**TURNING ROUTINES** INTO RITUALS. WWW.GRINNATURAL.CO.NZ



## **FUN FACTS**

Tigers have the largest canines of all big cat species ranging in size from 6.4 to 7.6 centimetres in length!

The T. rex dinosaur had a mouth full of around 60 serrated teeth; the largest tooth ever found was 30 centimetres long!

