Your teens may think they don’t need you anymore, but they’ll always need their teeth.

- Brush twice a day
- Floss once a day
- Visit the dentist
- Eat a healthy diet
- Drink water + fluoride
- Don’t use tobacco

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. The Campaign for Dental Health is a program of the American Academy of Pediatrics, generously supported in part by the DentaQuest Foundation and the Washington Dental Service Foundation.