



## The Super Smile Team!

Meet K-9! He's a frisky pup who cares as much about good oral health as his buddies Flossy and Buck McGrinn, and Den and Gen Smiley.

One day the whole gang decided to play super heroes. They put on capes, made costumes, struck super hero poses and became The Super Smile Team! Even K-9 got in on the act!

Of course, every super hero needs a mission. The Super Smile Team's quest? To fight for good oral health by following this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their super smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a sparkly smile when the braces come off.

Being super heroes takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

Want to be a part of The Super Smile Team? Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.