

What's Inside Caring For My Smile



A sensory-safe guide to why teeth matter and how we keep them strong.

Why Teeth Matter



My teeth help me eat, talk, and smile. They are part of what makes me, me.

Strong & Sparkly



Brushing keeps my teeth clean & strong. It makes them sparkly & fresh.

Drinking Water



Drinking water washes food away & keeps my mouth hydrated & healthy.

Eating Helpful Foods



Foods like fruit, vegetables, & milk help my teeth grow strong & stay healthy.

Happy Teeth



Caring for my teeth means they can sparkle and stay healthy for a long time.