

# 5 Terrific T.Rex Teeth Tips!



Just like Buddy loses his teeth on *Dinosaur Train*, so will you lose your primary teeth to make way for your permanent teeth.

Tyrannosaurus Rex replaced their teeth throughout their lives but you only get two sets so it is especially important to practice good dental care.



**Follow these helpful tips for strong teeth and a healthy smile!**

- 1. Twice a day: Brush your teeth** when you wake up and before you go to bed.
- 2. Take your time: Brush your teeth for 2 minutes** and be sure to include your tongue!
- 3. Be kind to your gums: Brush with a soft bristle toothbrush.**
- 4. Get the hard to reach places: Floss your teeth at bedtime.**
- 5. See your dentist twice a year!**

