



# What to do when you've lost a tooth



1. Brushing is very important as your adult teeth come in. Brush for 2-3 minutes, twice a day or after each meal.

2. Snack healthy! Stay away from chips and unhealthy foods, as well as sweet, sticky foods like candy.

3. Put your tooth under your pillow and let your parents know. The tooth fairy will pay you a visit!

## Did you know?

Losing your baby teeth is a big step! Keep your adult teeth healthy with regular brushing and flossing after every meal.