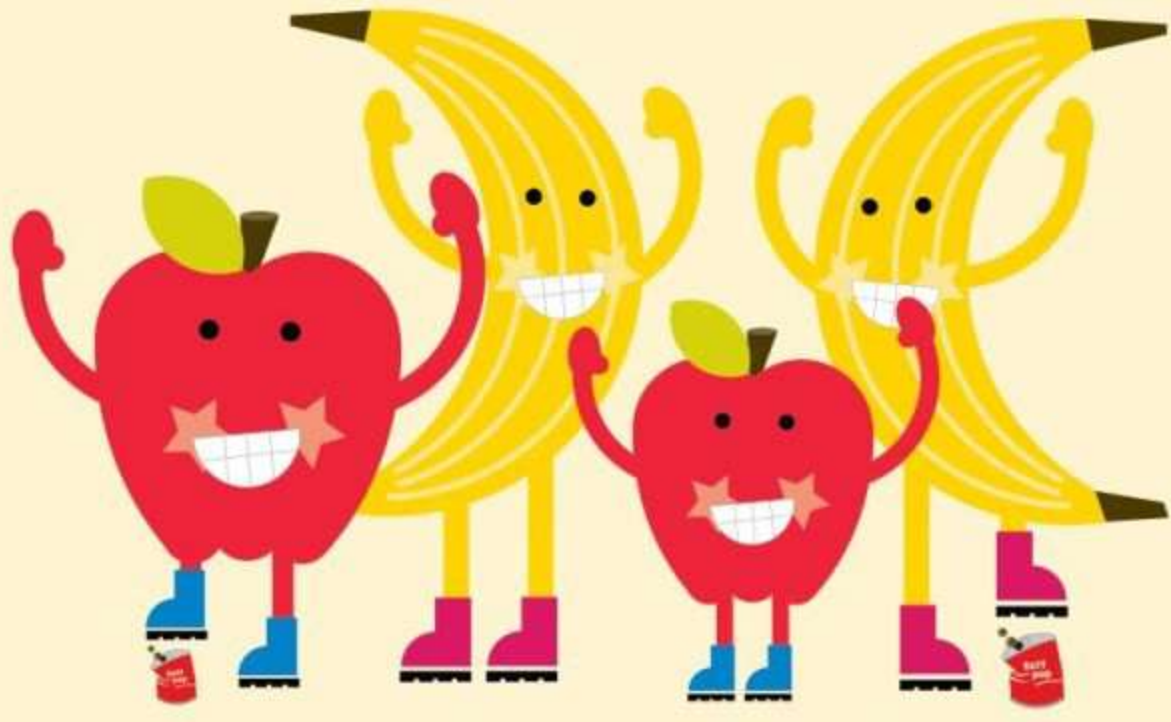


7 steps to a great smile



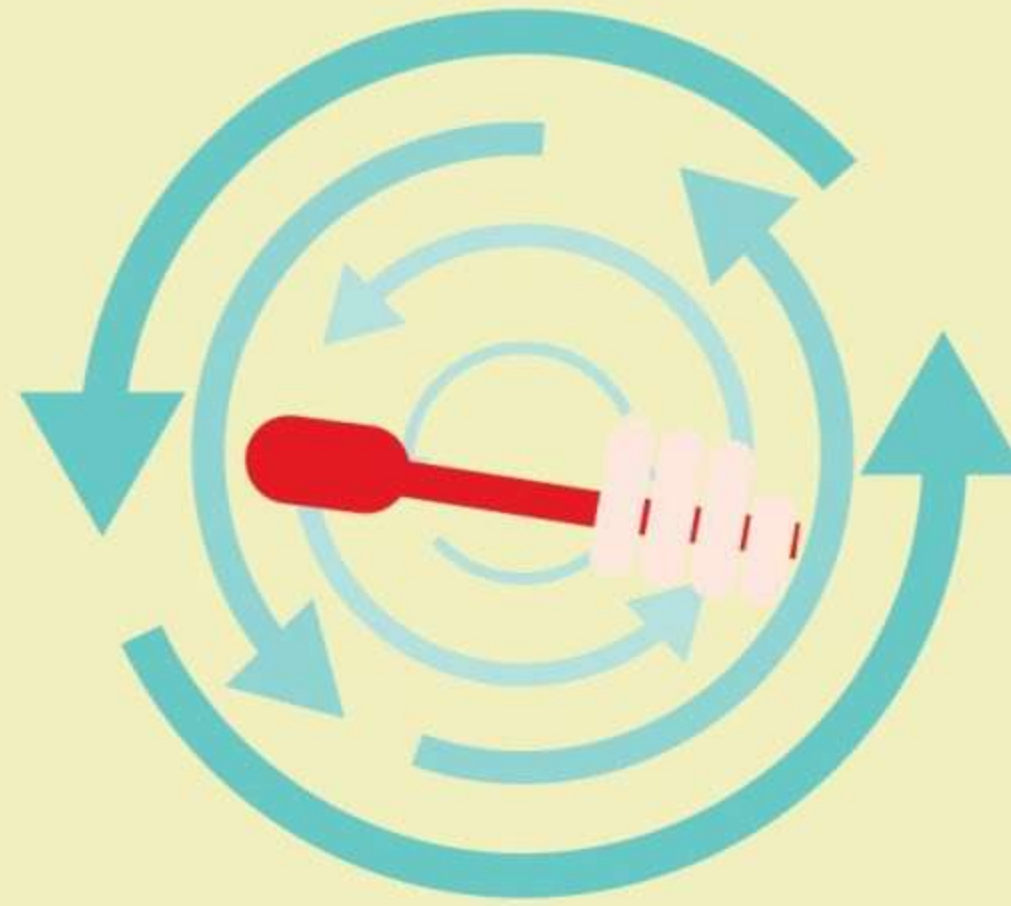
cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly



use a pea sized amount of fluoride toothpaste



use a circular brushing motion



brush for two minutes



spit don't rinse



visit your dentist regularly