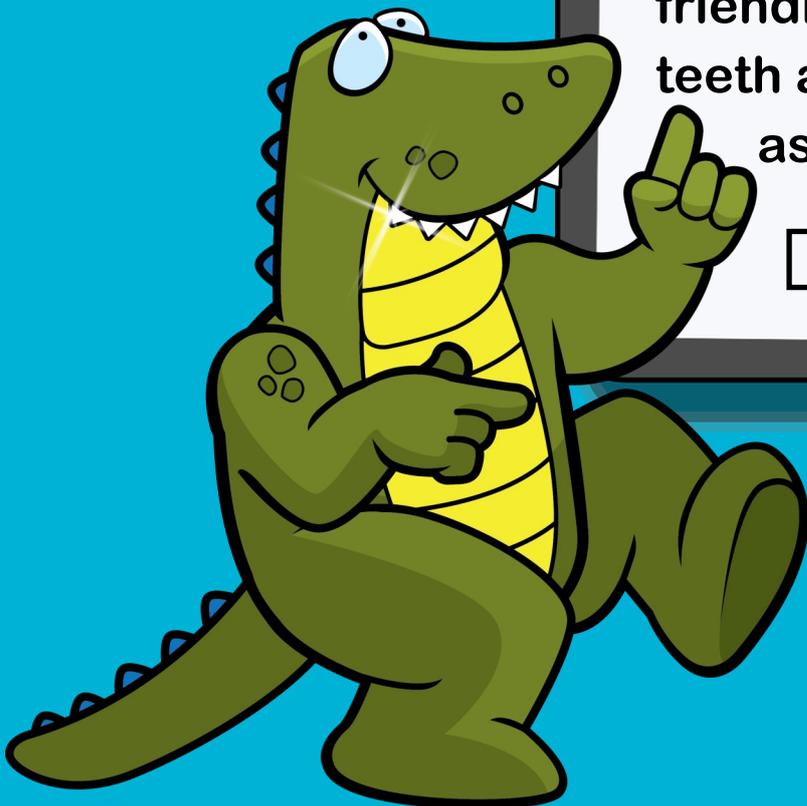




# Croc's Checklist

Looking after your mouth is really easy!  
Take a look at my checklist to see what I do, to make sure my teeth and mouth is healthy.



**To do:**

- Brush teeth twice a day, with a fluoride toothpaste.
- Go for dentist check ups regularly.
- Do a mouth check, at least once a month.
- Cut down on snacks.
- Make some simple mouth friendly food swaps to keep my teeth and mouth as healthy as possible!
- Smile!**