

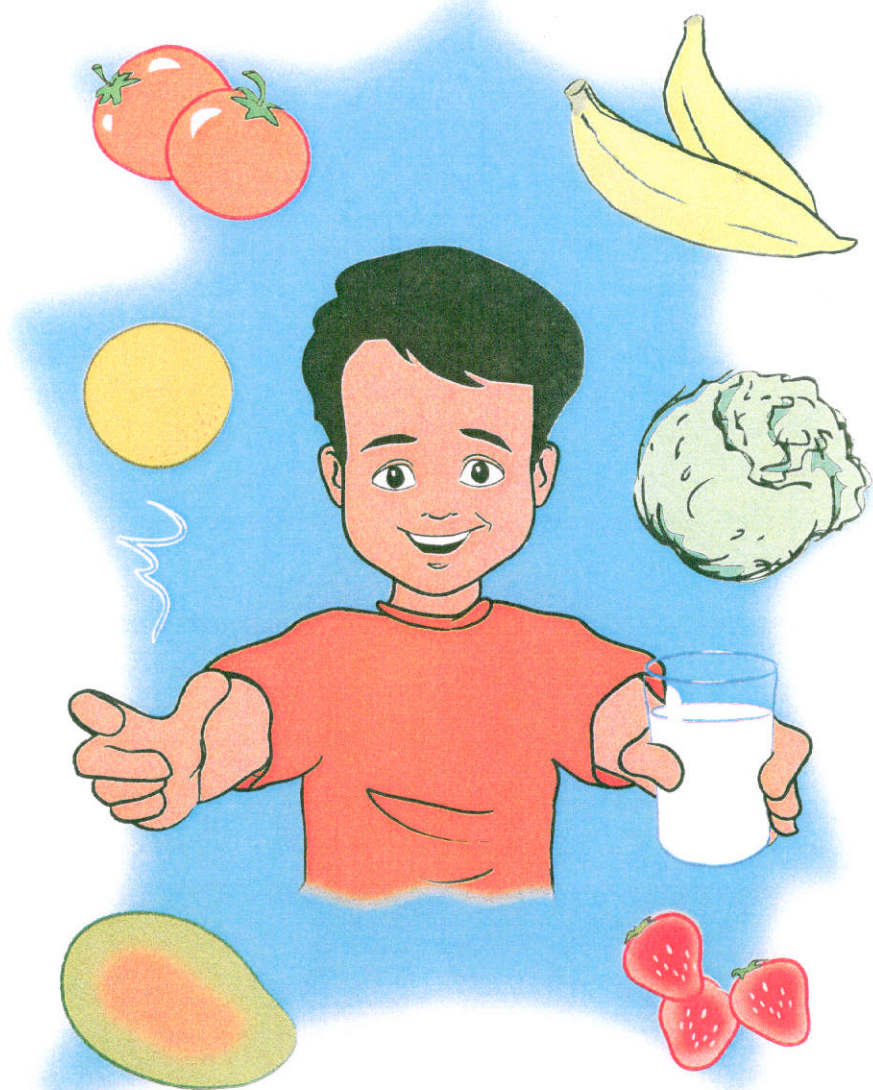
FELIPE'S HAPPY SMILE

LA SONRISA DE FELIPE





I take good care of my teeth!
¡Yo cuido mis dientes muy bien!



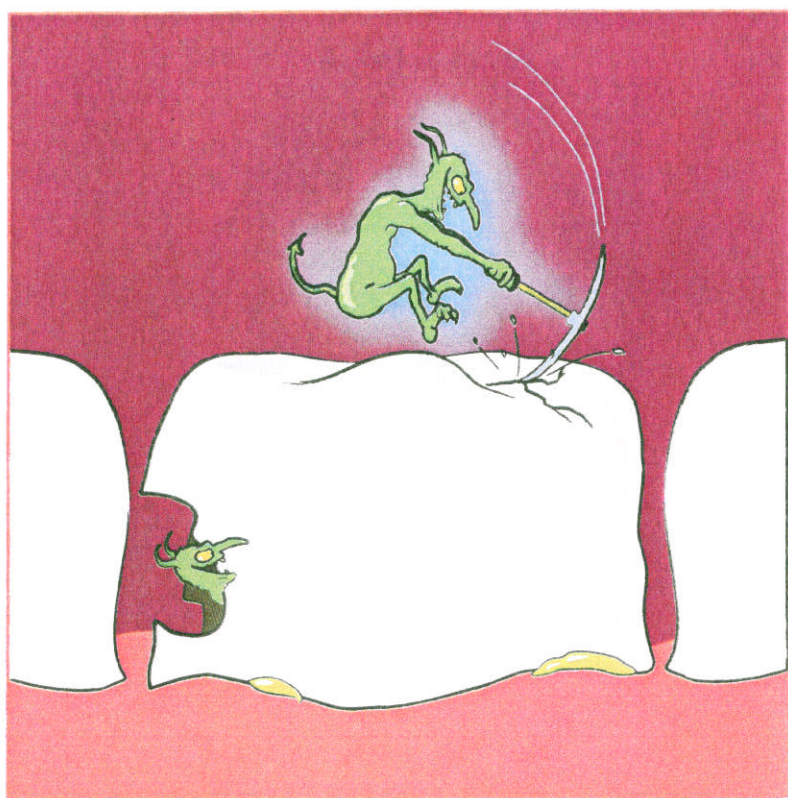
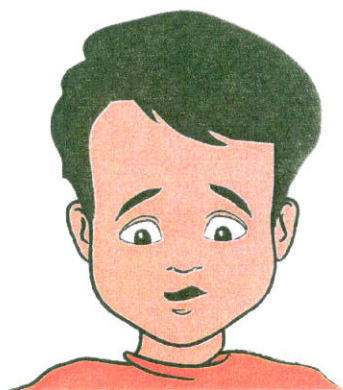
Fruits, vegetables, and milk make my teeth strong!

¡Frutas, vegetales y leche hacen que
mis dientes sean fuertes!



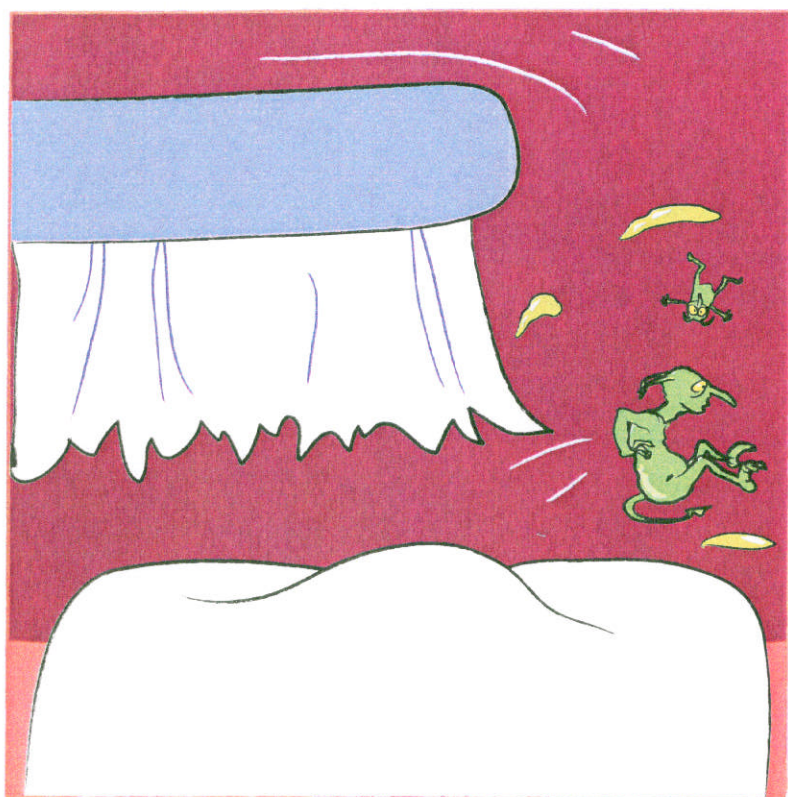
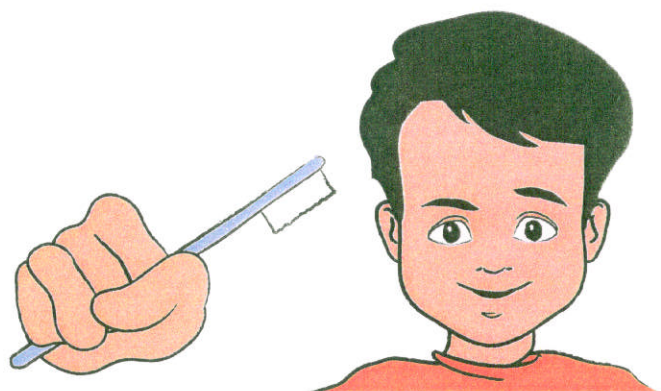
My mommy and Dr. Gómez say eating or drinking foods with a lot of sugar can harm my teeth!

¡Mi mamá y el Doctor Gómez dicen que los alimentos y bebidas con mucha azúcar dañan mis dientes!



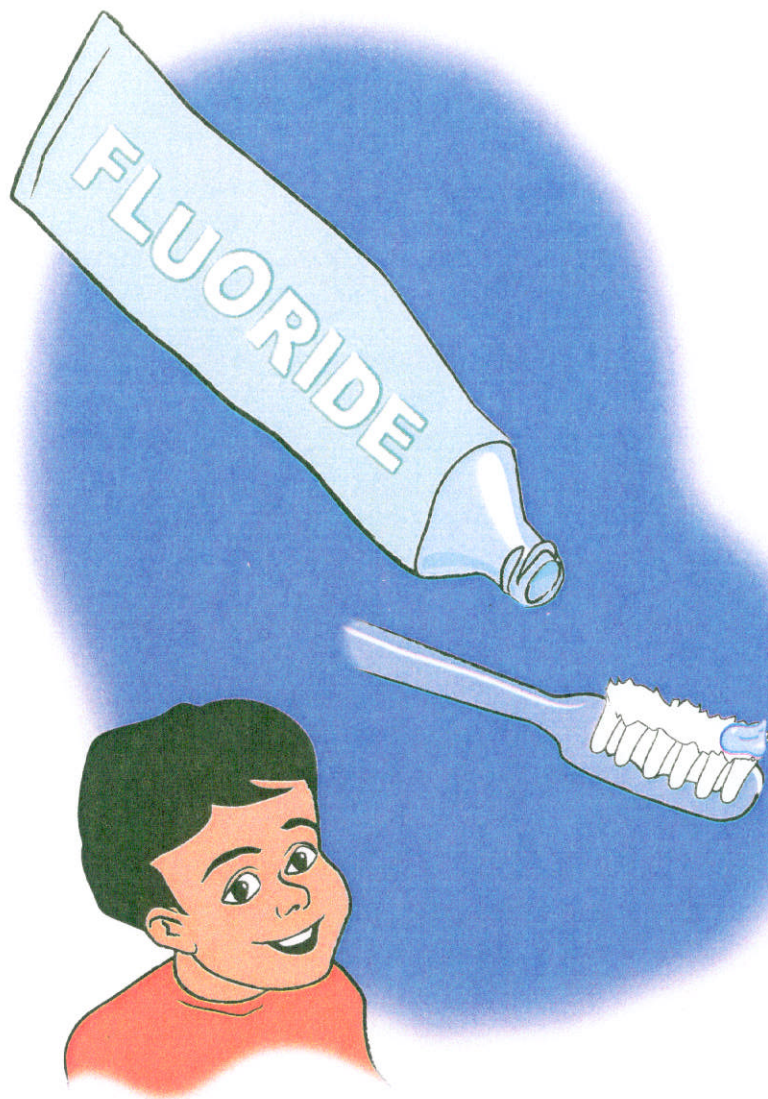
Sugary foods can cause cavities!

¡Comidas con mucho azúcar causan caries!



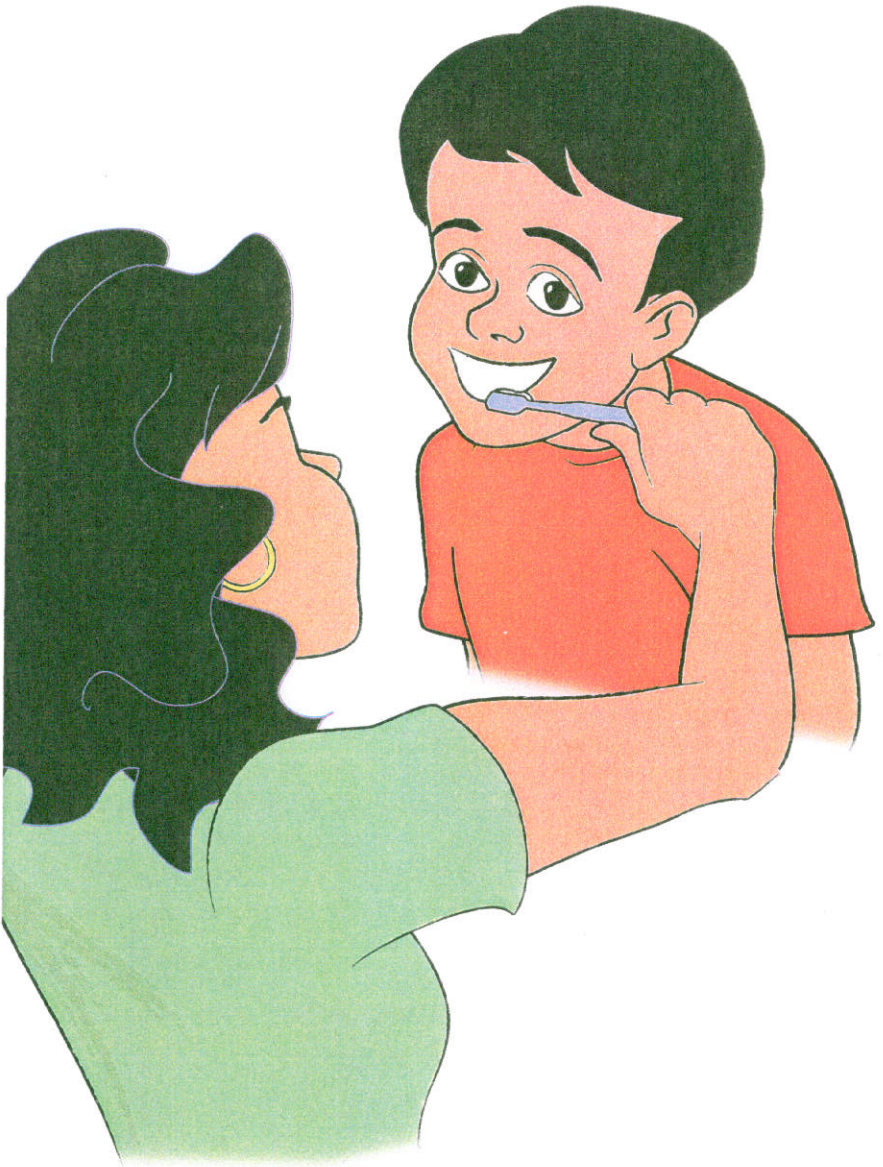
To stop these cavities, I brush my teeth!

¡Para evitar las caries, yo me cepillo mis dientes!



I use toothpaste with fluoride.
It helps make my teeth strong!

Yo uso pasta dental con fluoruro.
¡Esto ayuda a mantener mis dientes fuertes!

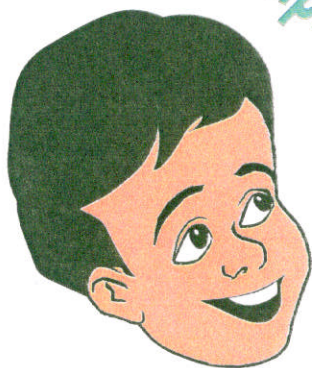


Mommy helps me brush all of my teeth!

¡Mi mamá me ayuda a cepillarme todos mis dientes!



Cepillo, cepillo, cepillo mis dientes
Me cepillo, cepillo, cepillo a diario
Para arriba, para abajo, y en círculos
¡Heeeey están limpios!

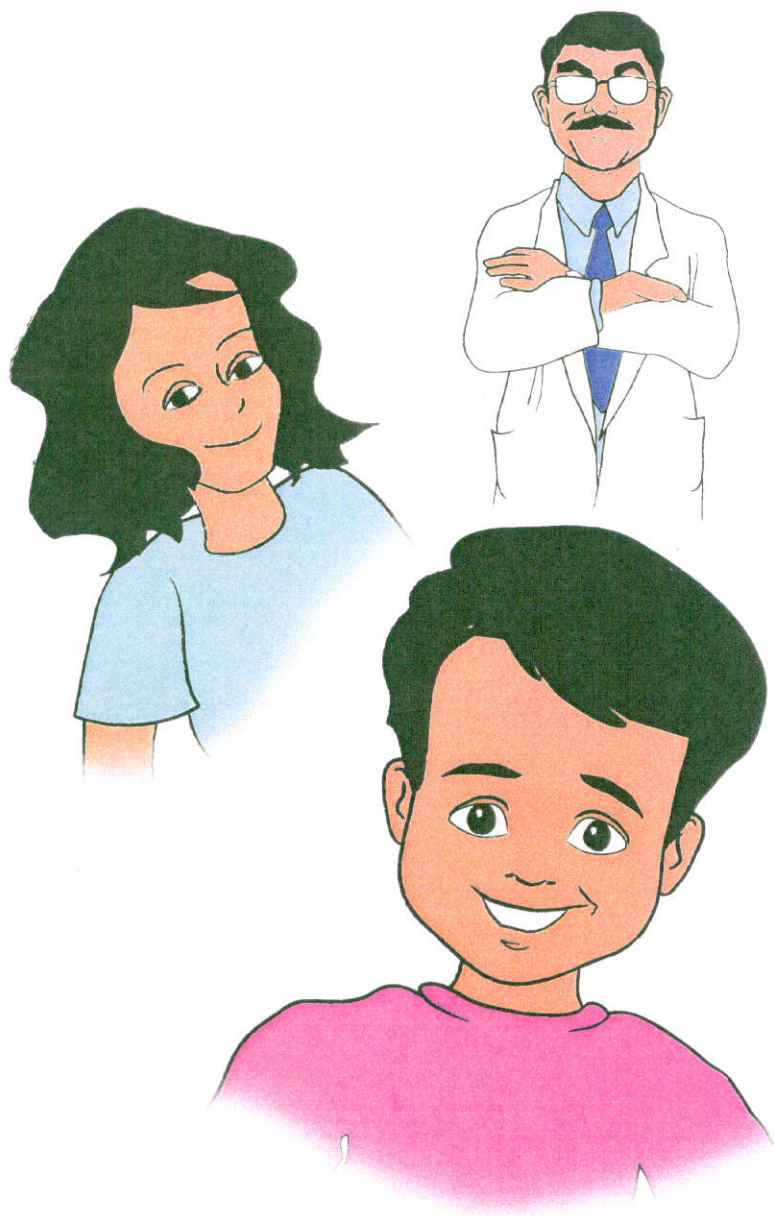


We sing our toothbrushing song!

(TO THE TUNE OF "THE MACARENA")

¡Nosotros cantamos nuestra canción de cepillarse!

(A LA MÚSICA DE «LA MACARENA»)



I have healthy teeth and a happy smile!

¡Yo tengo dientes sanos y una bonita sonrisa!

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