



# Healthy Choices

To the tune of "Ring Around the Rosie"

I take care of my body,  
I take care of my teeth,  
I make healthy choices  
To help take care of me.

I like to eat carrots.  
I eat my broccoli.  
Apples and kiwis  
Are especially yummy.

I drink lots of water.  
I drink it through the day.  
It is the best choice for me  
When I run and play.

I take care of my body,  
I take care of my teeth,  
I make healthy choices  
To help take care of me.

I visit the doctor.  
I visit the dentist.  
Prevention is a key to  
My health and happiness.



NORTON  
Children's  
Prevention & Wellness



# My Smile Brings Joy

To the tune of "Mary Had a Little Lamb"

I brush my teeth when I wake.  
Twice a day, every day.  
Before bed I brush my teeth.  
I take care of my smile.

The dentist checks for cavities,  
And gives tips for brushing my  
teeth. Count 32 or A through T.  
Every tooth counts in my smile.

And as my baby teeth fall out,  
I'll still need help, don't  
have a doubt.  
Healthy habits take practicing,  
We take care of my smile.

I brush my teeth you'll hear me say,  
Twice a day, every day.  
My smile brings joy to our world.  
Let's take care of my smile.