

# What's good for your mouth is good for your overall health

## 5 New Years Resolution for the Whole Family

Now that the holiday season is winding down and families are adjusting to their 2017 New Year schedule, add these quick and easy tasks to your daily teeth-cleaning routine.

### Change your toothbrush every season.

Why? Bristles become frayed over time and are less effective at cleaning your teeth. So put that toothbrush found in your stocking to good use, and start the New Year off right.



### Remember the 2x2 Rule of Thumb.

Brush twice a day for two minutes for healthier teeth, fresher breath and fewer cavities. And, depending on your other habits, this simple practice will help you in avoiding future dental problems.

### Floss Daily.

By flossing, you are getting hard-to-reach places in between your teeth that your brush just can't reach. Make it part of your morning or bedtime routine to ingrain the habit.



### Eat a healthy diet.

Eat a balanced diet and limit foods that contain hidden sugars including sugary drinks, flavoured yogurt and other sugary snacks, as these guys wreak havoc on your teeth.

### See your dentist.

The dentist is your oral health expert. Regular dental visits will help you and your family maintain a healthy mouth for life!

