



# HABITS THAT MAKE A DIFFERENCE

Did you know that **nurturing good habits** as a family contributes to your oral health?



Passing on good habits from generation to generation is an important way to **care and protect**.

## WHICH HABITS SHOULD WE NURTURE?



**Brushing your teeth**



**Using dental floss and mouthwash**



**Eating a healthy diet**



**Exercising**



**Not smoking**



Remember to **visit your dentist** regularly.

Now you know it,  
**Healthy Mouth, Healthy Body**

Support:

**LAOHA**



**Promoting Oral Health Beyond Borders**