

**Chan: Pran Swen Dan Ou (Song: Taking care of Your Teeth)**

**Refren (Refrain)**

**Brose dan ou chak maten chak swa**  
Brush your teeth every morning and every evening  
**Pase fil dan chak jou**  
Floss your teeth every day  
**Pa manje anpil bagay sikre**  
Don't eat a lot of sugary foods  
**Pou ou ka ri lè lide ou di ou**  
So you can smile whenever you want to

**Premye kouplè ( First verse)**

**Men kijan ou dwe brosse dan ou**  
This is how you should brush your teeth  
**Kenbe bròs la, epi brose soti anwo pou rive anba**  
Hold the brush and move it up and down  
**Pase bròs la sot dèyè vin devan pou netwaye dan dèyè yo**  
Work from the front to the back to clean the teeth behind  
**Anvan ou fini, asire ou ke tout dan ou byen netwaye**  
Before you finish, make sure you have cleaned all your teeth well  
**Mete bros la yon kote ki pwòp epi sèch pou evite mikwòb**  
Keep the brush in a clean, dry place to prevent germs

**Dezyèm Kouplè (Second verse)**

**Pase fil dan enpòtan anpil pou sante dan ou**  
Flossing is very important for the health of your teeth  
**Li pèmèt ou retire kras ki nan fant dan ou kote bros la pa rive**  
It allows you to remove the stuff between your teeth where your brush can't reach  
**Lè w'ap pase fil dan, ou plwaye fil dan an nan dwèt ou nan chak men yo**  
When flossing, wrap the string around your finger on each hand  
**Pase fil dan an nan fant dan yo soti nan dan yo pou rive nan jansiv ou**  
Pass the floss between the teeth all the way to the gum  
**Asire ou ke tout dan devan yo ak dan dèyè yo netwaye**  
Make sure you clean between all teeth from the front to the back

**Twazyèm kouplè (Third Verse)**

**Bagay sikre tankou rapadou bon nan bouch ou se vre**  
Sugary foods like rapadou are good in your mouth, it's true  
**Men bagay sikre ka fè dan ou nwè tankou chabon**  
But sugary things can turn your teeth black like charcoal  
**Pa manje anpil manje ki gen sik pou dan ou ka rete blanch**  
Don't eat a lot of foods with sugar so your teeth can stay white  
**Brose bouch ou imedyatman aprè ou manje bagay ki dous**  
Clean your mouth immediately after you eat sweets  
**Pa kite dòmi pran ou ak bagay sikre nan bouch ou**  
Don't go to sleep with sugary stuff in your mouth