## **HEALTHY MOUTH!**

**Regular dental** visits for child and family beginning at 1 year old



Brush with a smear of toothpaste 2 times a day - assist child until 7-8 years old



Drink fluoridated tap water



## **HEALTHY FOOD!**

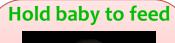
No more than 4 ounces of 100% juice per day; given WITH a meal







## **HEALTHY CHILDREN!**









Important: The last thing to touch your child's teeth before bedtime should be the toothbrush with a tiny smear of fluoride toothpaste!