

STOP THE SPREAD OF CAVITIES

Did You Know?

Cavities are caused by bacteria in the mouth. This bacteria can be passed from person to person, especially to young children.



Protect Your Child's Smile With These Tips



Brush Two Times Per Day

Brush your child's teeth at least twice per day with a pea-sized amount of toothpaste with fluoride.



Don't Share Germs

Avoid sharing anything that goes in your mouth such as toothbrushes and eating utensils.



Keep Toothbrush Clean

It's important to change your child's toothbrush every 3-4 months, and especially after being sick.



Limit Sugar Intake

Limit sugary food and drinks. Water is the best drink.