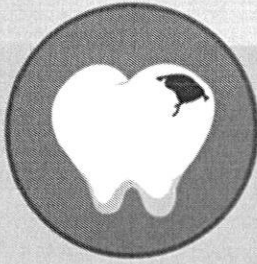


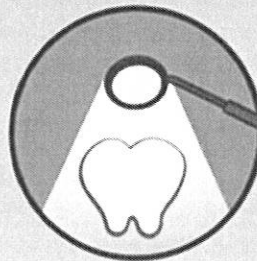
Did you know?



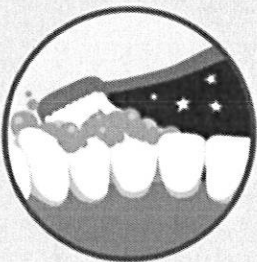
Tooth decay is the most common chronic childhood disease.



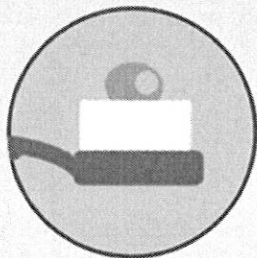
Cavities are five times more common than asthma. Children with poor dental health are three times more likely to miss school.



Your children need to have their first dental checkup by age 1. Dental checkups will help keep them healthy and cavity-free!



Your children should brush their teeth every morning and night. Show them how to brush, then have them brush by themselves. Most children are able to properly brush by themselves around age 6 or 7.



For children up to age 3, use a smear of toothpaste the size of a grain of rice on their toothbrush. Children age 3 and older should use a pea-sized amount.



Soda, sports drinks and juices may taste good, but they are not good for you. Soda has no nutritional value and is high in sugar. Sugar from drinks sits on our teeth and causes decay — drinking tap water is best!