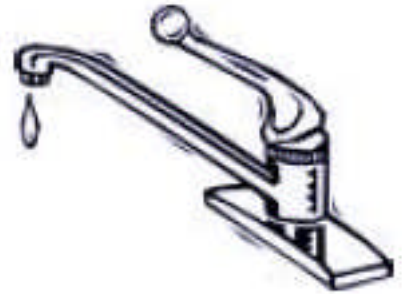




Regular dental visits
for child and family



Brush with fluoride
toothpaste 2 times
a day

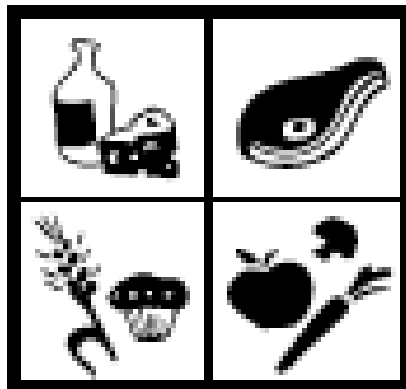


Drink
fluoridated
tap water



One cup of
juice per day

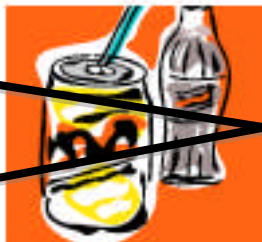
HEALTHY DIET



Only water
between
meals



No bottles
in bed



No soda or drinks
with sugar



Candy and junk
food only rarely

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