Keep a Bright Smile!

Visit the dentist every 6 months. Start by the first birthday.

Brush 2 times a day. Use a pea-sized amount of fluoride toothpaste.

Floss at least once a day.

Choose water instead of soda or other sugary drinks.

Limit drinking fruit juice.

Do not share spoons or cups with babies. The germs that cause cavities can be passed on to babies.

Limit candy and sticky, starchy snacks. Rinse your mouth with water after snacks.

Eat healthy snacks
- vegetables
- fruits
- milk
- cheese
- yogurt

Drink tap water with fluoride for strong teeth.