



Did you know that many cavities are preventable?

Help keep your kids' mouths healthy by following these steps:



**Brush their teeth
twice a day.**



**Floss their teeth
once a day.**



**Visit the dentist
twice a year.**



**Choose water
over sugary drinks
when possible.**



**Eat more fruits
and veggies.**



**Ask your dentist
about sealants.**

If you need help finding an affordable dentist,
visit www.smilehelpnow.com.