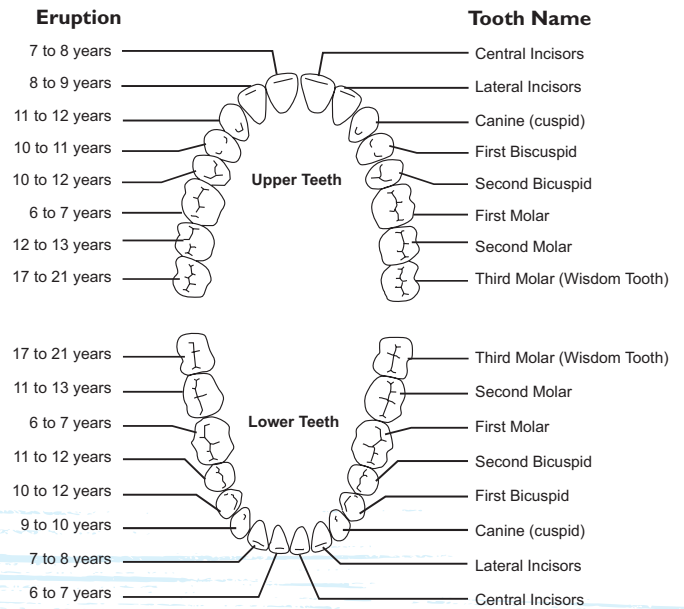
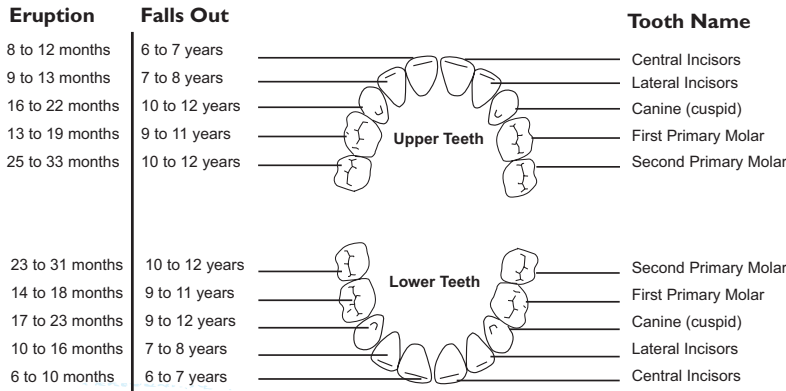


# TOOTH FAIRY TIPS

TO KEEP YOUR TEETH JUST AS LONG AS YOU'RE SUPPOSED TO!



## TAKE CARE OF YOUR SMILE:

- Begin cleaning your child's teeth and gums as soon as the first tooth erupts.
- Brush at least twice daily using a washcloth for infants and a toothbrush as your child gets older.
- We recommend seeing a dentist by the age of one. Be sure to keep regular appointments with your dentist to monitor and correct any dental problems proactively.

## DIETARY HABITS TO PROMOTE GOOD ORAL HEALTH:

- Avoid sugary, sticky, chewy and gummy snacks such as dried fruit and chewy candy.
- Encourage healthy snacks such as cheese, nuts, apples and popcorn.
- Avoid placing your child to bed with a bottle or cup that contains sugary items such as milk or juice.

## FLUORIDE IN MY CHILD'S TOOTHPASTE:

- Fluoride aids in repairing the areas of tooth enamel that are weak.
- Fluoride is not safe if consumed in large quantity; therefore, it is not recommended to use until your child can spit (age 3 or 4).

## BE PREPARED:

- Keep your dentist's phone number on your cell and know your school and sports groups' emergency protocol.
- Find out how your child's dentist handles emergencies.