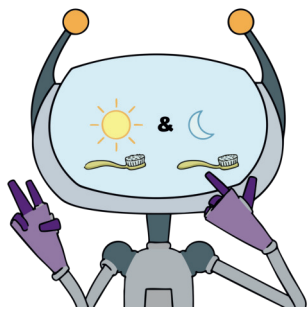




A Lifetime of **Smiles** Starts Here

Healthy teeth help children focus in school, speak clearly, eat comfortably, and feel confident. It's never too late to build healthy habits that last a lifetime.



1 Brush your teeth twice a day with fluoride toothpaste.

2 Floss every day to reach places your toothbrush can't.

3 Choose tooth-friendly snacks like crunchy fruits and veggies.

4 Choose water over sugary drinks to protect your teeth all day.

5 Visit your dentist every six months.

