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Positive steps for a healthy smile

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POSITIVE

STEPS for a HEALTHY SMILE

- P** **Protect** your child's smile by brushing their teeth with a fluoride toothpaste 2 times each day.
- O** **Offer** healthy snack and drink options like fruit, cheese and vegetables. Discourage constant snacking and drinking.
- S** **Supervise** your child when they are brushing their teeth 2 times a day for 2 minutes.
- I** **Inspire** your child to take care of their teeth, by taking care of YOUR teeth!
- T** **Take** your child and yourself to the dentist for regular check-ups and ask about dental sealants.
- I** **Introduce** flossing.
- V** **Verify** that your child is drinking water with fluoride. If your child is only drinking bottled water or well water, they may be missing out on getting the tooth strengthening benefits of drinking water with fluoride.
- E** **Encourage** your child to drink water instead of sugary drinks like sports drinks, sodas and juices.

