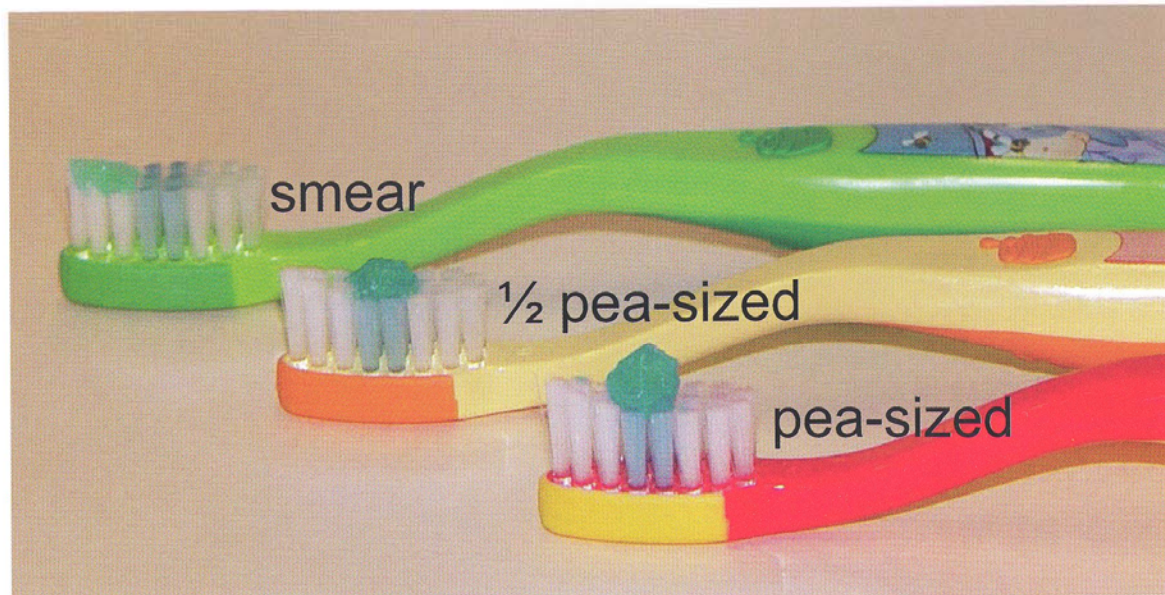


Dental Disease is Preventable

1. Dental visits starting at age one.
2. Diet low in sweets.
3. Only water in sleeping bottles and sippy-cups.
4. Daily toothbrushing with fluoride toothpaste.
5. Look regularly at child's teeth.



- Regular dental visits starting at age one.
- Give your child a healthy diet, low in sweets.
- If your child sleeps with a bottle or sippy-cup, put only water inside them.
- Brush your child's teeth daily with a small amount of fluoride toothpaste: less than a pea-sized amount before age 1 and a pea-sized amount for ages 1 to 5.
- Look at your child's teeth carefully at least once a month for early signs of cavities (white spots).