


I Had My Child's Mouth Checked
Before Their 1st Birthday!

Key Messages Oral Health:

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- ✦ Check and clean your own and your child's teeth and gums daily
 - ✦ Protect your child's teeth with fluoride
 - ✦ Limit snacks and beverages containing sugar
 - ✦ Eat fruit, don't drink it
 - ✦ Breastfeed your child, it assists with proper jaw development
 - ✦ Don't put your child to bed with a bottle
 - ✦ Wean your child from a bottle by 12-14 months
 - ✦ Have your child's mouth checked before their 1st birthday

YOU are Responsible for Your
Child's Bright Smile



DENTAL DISEASE IS 100% PREVENTABLE