KEEP YOUR CHILD CAVITY FREE!



Visit the dentist while pregnant



Don't share utensils with children; Cavity germs are contagious



Brush with fluoride toothpaste 2x/day



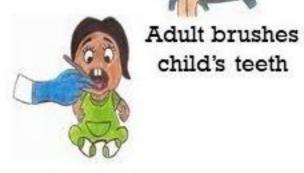
Sleep without a bottle



Only water in

between meals

No more than 4 oz. juice a day



child's teeth

First dental visit by age 1



Stop the soda pop



PA Coalition for Oral Health www.paoralhealth.org