

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



Only water in between meals



Adult brushes child's teeth



Sleep without a bottle



No more than 4 oz. juice a day



First dental visit by age 1



Stop the soda pop



PA Coalition for Oral Health
www.paoralhealth.org