

**Oral Health Depends   
on Good Oral Hygiene**

Start brushing your babies teeth as soon as they appear. Brush teeth at least twice a day. Use a child sized toothbrush and brush with only a smear sized amount of fluoride toothpaste. For your toddler, continue to brush your child’s teeth at least twice a day: after breakfast and before bed.



**Oral Health Depends   
on Good Oral Hygiene**

Start brushing your babies teeth as soon as they appear. Brush teeth at least twice a day. Use a child sized toothbrush and brush with only a smear sized amount of fluoride toothpaste. For your toddler, continue to brush your child’s teeth at least twice a day: after breakfast and before bed.



**Good Diet and Nutrition Necessary**

**for Your Child’s Oral Health**

Brush teeth at least twice a day. Use a child sized toothbrush and brush with only a smear sized amount of fluoride toothpaste. For your toddler, continue to brush your child’s teeth at least twice a day: after breakfast and before bed.



**Oral Health Depends   
on Good Oral Hygiene**

Start brushing your babies teeth as soon as they appear. Brush teeth at least twice a day. Use a child sized toothbrush and brush with only a smear sized amount of fluoride toothpaste. For your toddler, continue to brush your child’s teeth at least twice a day: after breakfast and before bed.

Address

Staff Info

Fall 2011

**Tips to Save Gas and Improve Mileage**

• Walk, bike take a bus, or carpool when possible

• Combine errands into one trip

• Avoid high speeds

• Keep tires properly inflated and aligned

• Use your air conditioning only when necessary