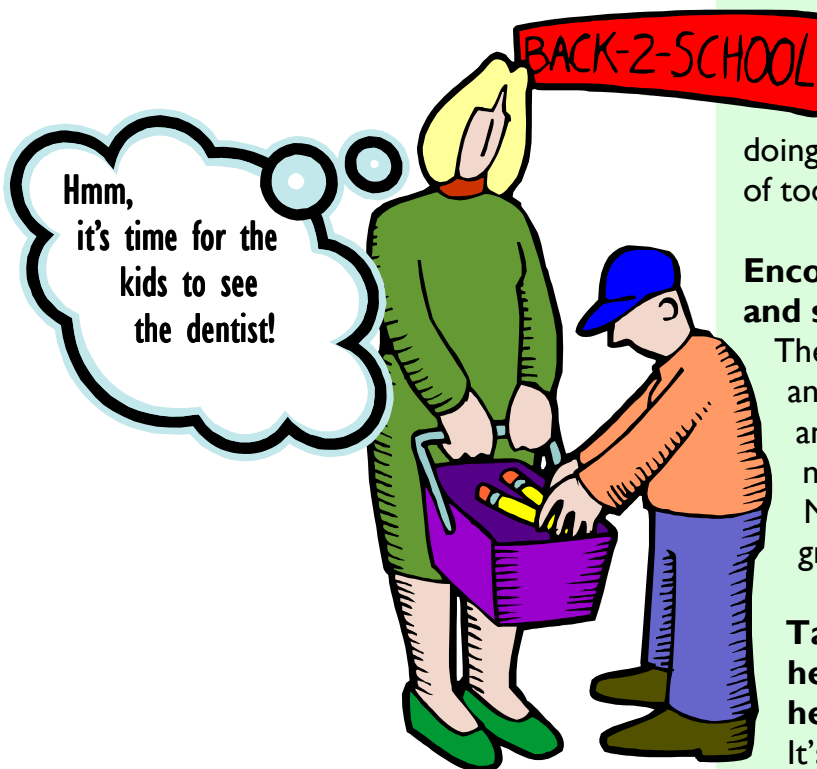


Make
BACK-TO-SCHOOL TIME
your reminder to
plan dentist visits for
the entire family



Children with
healthy
mouths are
ready to learn!



<http://ecdn.wcif.org>

Healthy teeth tips for school-agers:

Children should brush and floss their teeth regularly.

Using a small, soft toothbrush, with a pea- sized amount of paste, children should brush and floss their teeth after meals and especially before bedtime. If a toothbrush is not available, have your child rinse their mouth with water.

Supervise brushing.

By the time your child reaches the age of 6, they should have the coordination skills to brush their own teeth. Continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

Encourage your child to eat nutritious meals and snacks and get plenty of sleep.

The mouth is the opening to the rest of the body and all that enters affects the entire body. Sugary and sticky treats, such as pop and candy provide no nutritional value and can cause cavities. Nutritious foods and plenty of sleep help bodies grow big, strong and ready to learn!

Talk to your dentist, doctor or other healthcare provider about your child's healthy mouth.

It's important for children to see a dentist regularly and before problems arise. If a dentist is not available, encourage your child's healthcare provider to look over your child's teeth for signs of early problems. Your dentist or healthcare provider may also prescribe the use of a fluoride supplement.

If dental care is difficult to obtain,
due to insurance or financial burden,
help is available!

Contact Apple Tree
Dental—Hawley, 888-683-1038
for outreach clinic sites and dates;
Apple Tree Dental—Fergus Falls , 877-998-2218;
or Caring Hands Dental Clinic,
Alexandria, 320-815-5711.