

# TOOTH DECAY IS PREVENTABLE!

- Tooth decay can be spread from parent to child-don't share things with your child that have been in your mouth.
- If a bottle is used at bed or nap time, use only water-no milk, juice or pop.
- Start cleaning your child's teeth as soon as they appear-at least twice a day.
- Use only a pea-sized amount of toothpaste.
- Take your child to the dentist at age one.
- Baby teeth are important!



*Great Faces  
Great Smiles*

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