

PROTECT THE LITTLE SMILES YOU LOVE.

Ask your child's doctor about a simple fluoride application at the next office visit.

FOUR SIMPLE TIPS FOR HEALTHY TEETH:

- 1 Protect your child's teeth with fluoride.
- 2 Check and clean your child's teeth often.
- 3 Feed your child only healthy food and no sugary drinks.
- 4 Have your child's teeth checked by a doctor or dentist by age 1.



For more information visit
www.FromTheFirstTooth.org

MaineHealth

