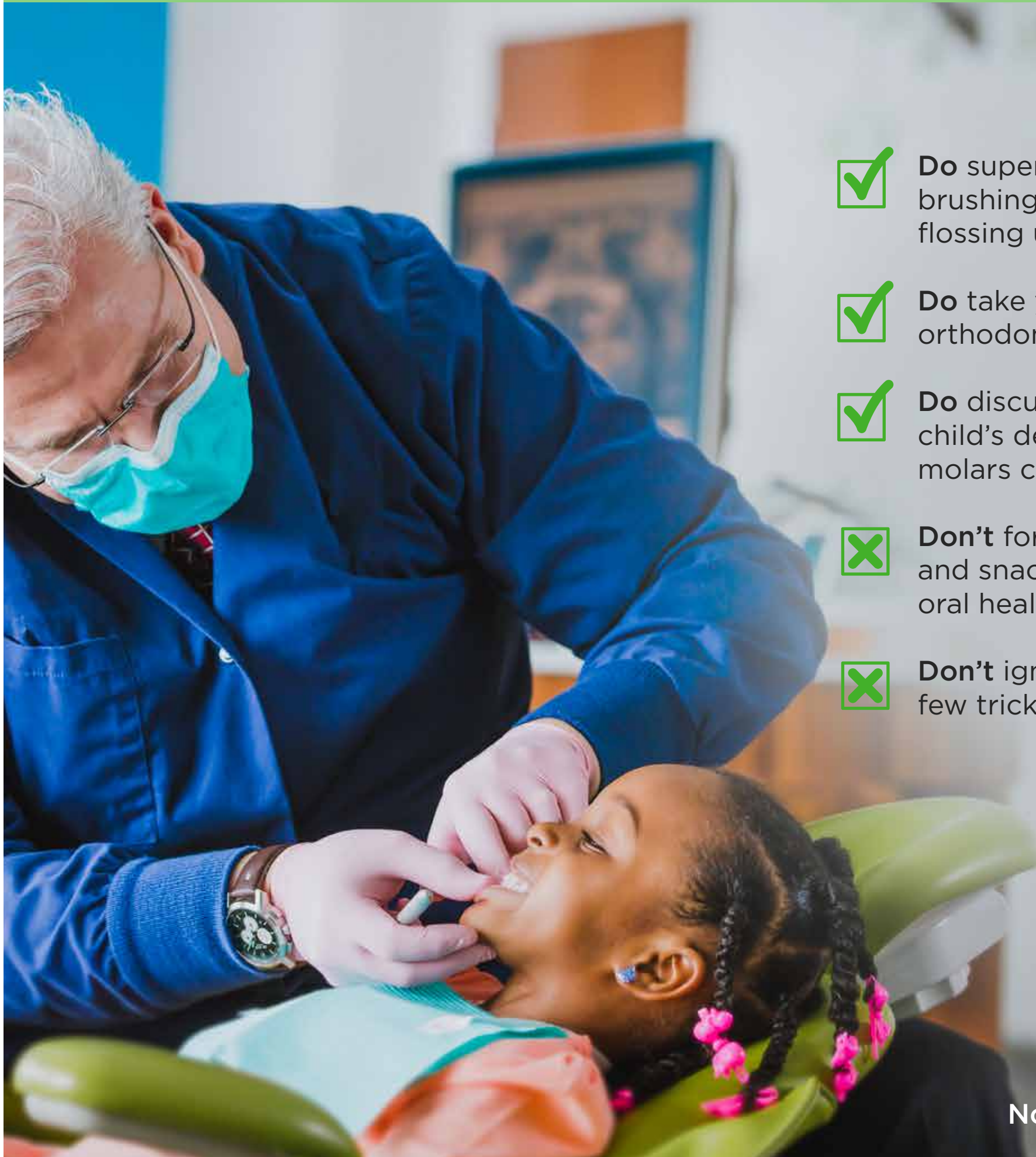




Even though it can be hard to get young kids to slow down, it's important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.



- Do** supervise your child's brushing until age 8 and flossing until age 10.
- Do** take your child to the orthodontist by age 7.
- Do** discuss sealants with your child's dentist as the permanent molars come in.
- Don't** forget that healthy meals and snacks are the key to good oral health.
- Don't** ignore dental fears. Try a few tricks to help calm anxiety.