Healthy teeth = healthy kids

Follow these quick tips and your kids will be grinning from ear-to-ear.

When kids have dental problems, it can affect their overall health.

Keep your kids’ teeth and gums healthy by:

✓ Taking them to the dentist beginning at age 1.
✓ Helping them brush their teeth twice a day.
✓ Feeding them a balanced diet.

www.cookchildrens.org