Healthy teeth = healthy kids

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.

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

www.cookchildrens.org