



Kidding Around



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.

EMPOWERING SMILES
from **Ahh** to **Z**

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