Did you know that healthy teeth are important for overall health? Your teeth matter! Below are guidelines to help make your family's oral health a priority.

- Brush twice a day for two minutes - just a smear of toothpaste is okay! Adults, help your little ones.
- Floss daily when teeth begin to touch.
- Schedule your child's first dental visit by his or her first birthday.
- Limit juice (1/2 cup) and sugary foods to once a day with a meal.
- Drink only water between meals. Fluoridated water is best!
- Fluoride varnish, sealants and fluoridated toothpaste prevent cavities.
- Call 211 (www.pa211east.org) for help!