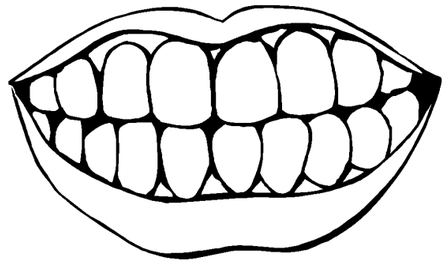
Healthy Teeth Are Happy Teeth

Keep teeth healthy!

- Brush teeth twice a day, especially before bedtime
- Floss daily
- Schedule regular dental check-ups
- Limit sugary treats and beverages

For more information on children's dental care or how to access dental care in west central Minnesota see our website: ecdn.wcif.org

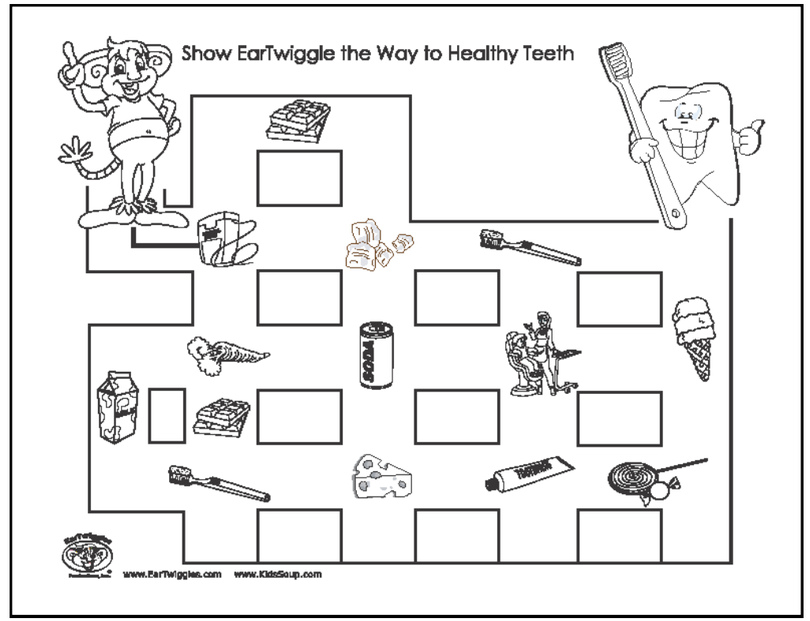
Early Childhood Dental Network



Can you count the top teeth?_____

Can you count the bottom teeth?_____

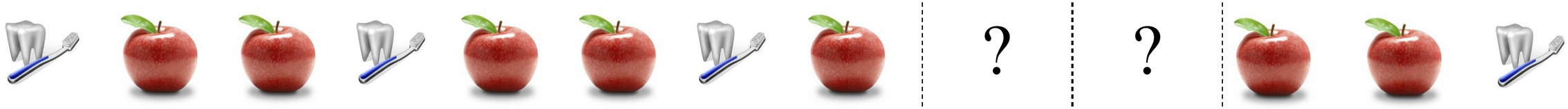
How many teeth in all? _____



Tips to get Little Ones Brushing

- Offer a fun electric toothbrush
- Sing songs as you brush your child's teeth
- Use a reward, like a sticker on a chart
- Be a good role model. Children learn what they see you doing!

Riddle: What did the dentist see at the North Pole?

Answer: A Molar Bear

What Comes Next?