These are the things we can do to take care of our teeth:

1. We brush our teeth twice every day. We brush every night before bedtime. We brush after eating sweet or sticky foods.

2. We drink water from the tap, instead of pop or Kool-Aid.

3. We eat healthy snacks like fruits, vegetables and cheese.

4. We visit the dentist twice a year. We use fluoride and sealants to protect our teeth.

For more information call: 303.724.1643
With our help, children can grow up with strong and healthy teeth. Healthy teeth are important to children and adults for eating, speaking and smiling. It is important to get a good start.

Our world and our lives are changing every day. But one thing doesn’t change. Our children still need our help to grow strong and healthy.

The dentist also helps us to take care of our teeth. Dentists and dental hygienists can help by putting fluoride and dental sealants on teeth. These things are sometimes done at school or in a dental clinic. We visit the dentist twice a year.

Parents and other older family members can teach children about the things to do for healthy teeth. When children grow up they will have happy healthy smiles for life.
1. **Brushing our teeth** is one way we take care of them. Brushing removes the germs that make tooth decay (cavities).
   - We brush our teeth twice every day.
   - Before going to bed at night is the most important time to brush.
   - The toothpaste we use has fluoride. Fluoride helps keep our teeth strong.

When we do have candy or other special sweet treats, we brush after eating them.

2. **We can drink water,** instead of pop or Kool-Aid. Water from the tap in Denver has fluoride, and that’s good for children’s teeth. Fluoride helps make teeth strong.

We save pop and Kool-Aid for special treats.
Many children drink too much soda pop or Kool-Aid. Some children also eat too much junk food, especially sweets. These children often have more dental problems.

Most dental problems can be prevented. Families can do four important things to take care of their children’s teeth.

3. We can snack healthy by choosing foods like fruits, vegetables and cheese.

If we chew gum, it is sugarless gum.