

## HELP YOUR CHILDREN TO KEEP THEIR TEETH HEALTHY

Children with tooth decay will have tooth problems later in life, and may have teeth that are not straight.

Be sure to:

1. Feed your baby with breast milk during the first year.
2. Take your child to the dentist at the age of one year.
3. Brush your baby's teeth lightly with tooth paste.
4. Do not feed your child with Soda pop, juice drinks with bubbles, or powdered juice.
5. Only give your child 100% natural juice mixed with water through a cup—not a bottle.

For more information on the Internet about keeping your teeth healthy, please visit:

[www.healthyteeth.org](http://www.healthyteeth.org)

[www.hesperian.org](http://www.hesperian.org)



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## Keeping Your Teeth Healthy



[www.refugees.org](http://www.refugees.org)

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

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## PREVENTION IS IMPORTANT

Prevention means stopping tooth aches and tooth decay before they start. Treating tooth decay or replacing your teeth costs a lot of money in the US. Prevention illnesses from happening is better than treat them.

## HOW TO PREVENT GUM AND TOOTH DECAY

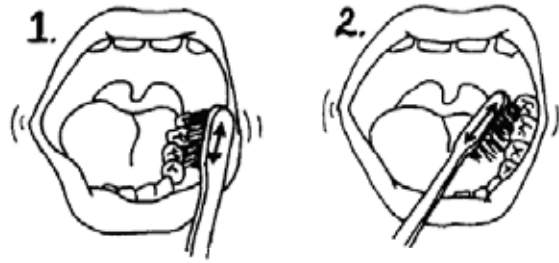
There are many ways to prevent your teeth and gums from decaying and hurting.

- Brush your teeth three times a day with tooth paste.
- Use dental “floss” or string to remove food remains in your teeth.
- Visit the dentist two times a year to have your teeth cleaned.
- Eat foods that do not have sugar.
- Drink lots of water.
- Rinse your mouth with water after drinking soda pop.
- Buy a new toothbrush every three months.

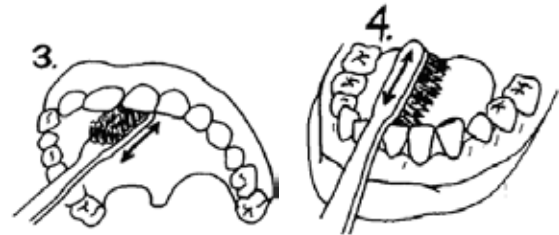
## VISITING THE DENTIST

Take good care of your teeth. Go to the dentist to have your teeth cleaned twice a year is less expensive than having your teeth fixed or replacing them. Dental services for children may be free in your state. Ask your caseworker for advice.

## TEACH YOUR FAMILY TO BRUSH CORRECTLY



Don't forget to brush your back teeth.



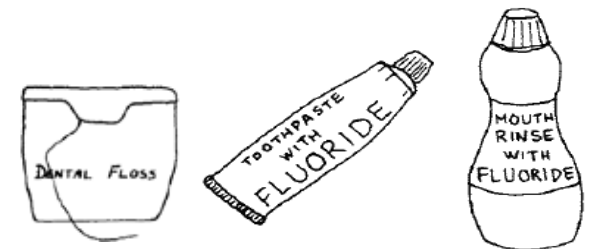
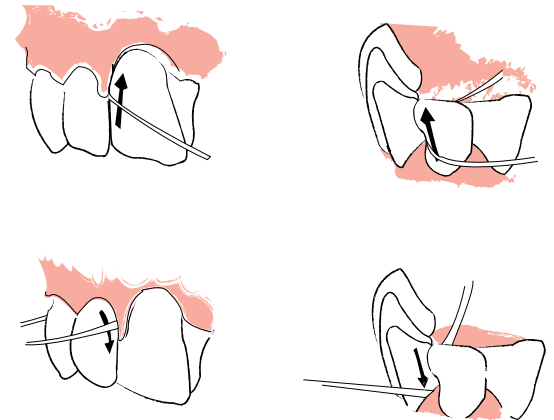
Brush the back and top of the front teeth.



Brush your gums as well

## YOU CAN TEACH YOUR CHILDREN TO FLOSS CORRECTLY

Cleaning your teeth with string prevents damage to your gums. When you floss for the first time your gums may bleed because they are weak. Keep flossing and your gums will become stronger. Sharp objects and tooth picks can hurt your gum or cause gum disease or infection. Using mouthwash helps to kill the germs in your mouth that causes bad breath.



Dental Floss

Tooth paste

Mouthwash