



Seven Steps to a Bright Smile

A smile can last a lifetime - if you take care of it.

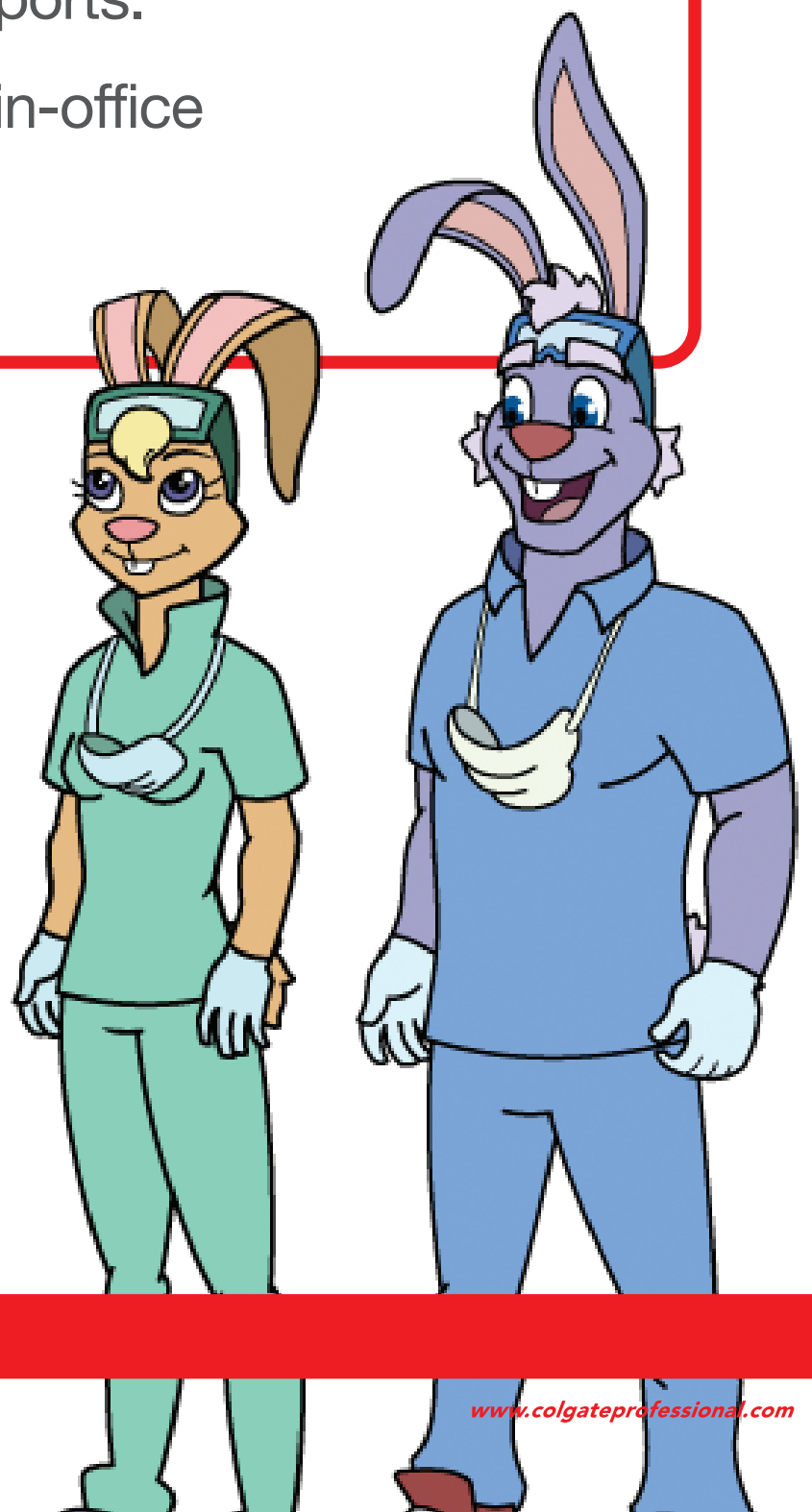
Help your children to follow these easy steps to keep teeth and gums strong and healthy.

- 1 Brush teeth and gums with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime.
- 2 Visit the dentist regularly.
- 3 Floss your teeth daily.
- 4 Use fluoride rinse for strong, healthy teeth and gums.
- 5 Limit the number of times you eat snacks each day, and remember to practice healthy eating and get plenty of calcium.
- 6 Wear a mouthguard when playing sports.
- 7 Ask your dental professional about in-office fluorides and dental sealants.

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