

# Healthy Habits for Healthy Teeth

A healthy mouth is important to overall health throughout life.

Keeping your child's teeth healthy starts at home with daily brushing, flossing, and offering healthy food choices.

Untreated cavities can cause difficulty eating, sleeping, learning, and loss of self-esteem for children and youth.

For help accessing dental services, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext. 1218.

kflaph.ca

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## Tips



Brush your teeth two times a day for two minutes each time with a fluoride toothpaste.



Remember to floss every day.



Choose water. Limit juice, chocolate milk, and other sugary drinks.



Visit your dentist for regular check-ups and fluoride treatments.