

BRUSHING MY TEETH IS HEALTHY & FUN



✓ Monday	☐	✓ Monday	☐
✓ Tuesday	☐	✓ Tuesday	☐
✓ Wednesday	☐	✓ Wednesday	☐
✓ Thursday	☐	✓ Thursday	☐
✓ Friday	☐	✓ Friday	☐
✓ Saturday	☐	✓ Saturday	☐
✓ Sunday	☐	✓ Sunday	☐



HOW TO KEEP YOUR TEETH HEALTHY & HAPPY



Brush your teeth twice a day, after breakfast and right before you go to bed.



Floss, and gargle with mouthwash.



Juice is not needed for you to be healthy but water is.



You can get vitamin C and antioxidants by eating fresh fruits every day.



Visit your dentist every six months.



JUNK FOOD & SWEETS AFFECT TEETH

It's just a fact of life that sugar is found in many foods, even ones we consider healthy. From cow's milk and breastmilk to fruits and vegetables, we as parents want to make sure the foods we feed our infants and children are good for them. It is important to understand how sugar affects your child's teeth, what foods they should eat or avoid, and how to provide quality dental care at home to ensure your child has a healthy, beautiful smile by:

- Serving balanced meals with vegetables, fruits, protein, whole-grains, and low-fat dairy products
- Providing healthy tooth-friendly after-school snacks like cheese, yogurt, or peanut butter
- Avoid soda and certain juices that contain high sugar levels



FDRHPO
Fort Drum Regional
Health Planning
Organization

DENTAL FLUORIDE TREATMENTS IN CHILDREN



JEFFERSON COUNTY PEDIATRIC DENTAL OFFICE GUIDE

Long Falls Dentistry

315-497-6316

LaClair Family Dental

315-493-1184

Watertown Dental Health Group

315-788-1070

Alexander Korwk Family Dental

315-681-6697

TPM McCue Dental

315-799-2222

North Country Family Health Center

Watertown: 315-782-9450

LeRay: 315-782-2628

School-based dental
clinics - Visit

[www.nocofamilyhealth.org/
/school-based-health](http://www.nocofamilyhealth.org/school-based-health)

Aspen Dental

315-785-9620

Kathleen Bacsik Dental

315-788-2056

Great Beginnings Dentistry

315-405-4583

Watertown Pediatric Dentistry

315-221-4044

Katie Clough-Perrin PC

315-221-4213

Atlas Dental

315-629-7001

Schonfield Dental

315-788-0505

This list is not exhaustive and providers may change



JEFFERSON COUNTY PEDIATRIC DENTAL HEALTH

Let your child's smile shine bright!