

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

In addition to twice daily brushing & flossing, fluoride varnish treatment can help prevent tooth decay!

- It is safe and effective
- It can be used as soon as your child's first tooth appears.
- It's quick and painless!
- Your provider will clean and dry your child's teeth with gauze, and then swipe the varnish on their teeth with a brush.
- It usually takes less than a few minutes.
- Fluoride varnish acts like a shield for your child's teeth, prevents new cavities from forming, and slows or stops existing cavities from getting worse.
- It can be used every 3 months.

Ask your primary care doctor or pediatric dentist about fluoride varnish treatment for your child!



This list is not exhaustive and providers may change



ST. LAWRENCE COUNTY PEDIATRIC DENTAL OFFICE GUIDE

**Alice Hyde
Dental Clinic**
315-481-2347

**Community Health
Center of the North
Country - Ogdensburg**
315-713-9350

**Community Health
Center of the North
Country - Canton**
315-379-8100

**Gouverneur Dental
Associates**
315-287-4000

**Potsdam Center for
Innovative Dental**
315-265-3377

Smile Associates
315-386-3886



ST. LAWRENCE COUNTY PEDIATRIC DENTAL HEALTH

Let your child's smile shine bright!