

EVEREST FAMILY DENTAL

HOW TO HELP YOUR CHILD TAKE CARE OF THEIR TEETH

Encourage your child to brush at least 2 times every day, morning and night

Let your child choose toothpaste with their favorite flavor

Read books or watch videos that talk about dental hygiene



Use a timer to help your kids brush for at least 2 minutes

Limit candy and sugar intake, especially sticky and chewy sweets

Limit sugary drinks like soda, juice and sports drinks