FOLLOW THESE "Rules of 2" FOR A HEALTHY MOUTH

BRUSH 2 TIMES A DAY
• Brush in the morning after breakfast.
• Brush before bedtime.
• Choose the right size, soft toothbrush (head and handle) for the child’s mouth and age.

BRUSH FOR 2 MINUTES
• Make brushing fun – use a timer or put on music.
• Be creative – use a sticker calendar or make a fun toothpaste holder.

VISIT THE DENTIST 2 TIMES A YEAR
• This will be every 6 months.

ADDED BONUS RULES
• Floss once a day.
• Limit sugary drinks and snacks during the day.

A HEALTHY MOUTH CAN LEAD TO A HEALTHY BODY.
Questions? Call 682-885-6730 or visit cookchildrens.org.