

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.



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