



BRIDGING *Brighter Smiles*



DID YOU KNOW!!

According to the **CDC**,
1 out of 5 Children
5-11 Years old have at least
1 untreated decayed tooth.

And

1 out of 7 adolescents 12-19
years old have at least 1
untreated decayed tooth

Also,

Children in low income
families

5-19 years old are 2X more
likely to have cavities.



Here is What YOU Can do at Home:

1. Create a morning and evening **brushing routine** with your child (**2X daily**). **Brush with them!**
2. Limit the amount of sugary drinks (Tea's, Juice, soda) & **drink water instead.**
3. Make sure to **Floss 1x/day** to keep the gums healthy.