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The Mighty Mouth Minute

**Good oral health is a critical part of your overall health.**

**Take a minute to learn how you can prevent oral disease.**

**Baby teeth matter – protect your child’s oral, and overall health**

*Painful cavities make it difficult to eat, sleep, learn and play*

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**Cavities are preventable**

• Brush your child’s teeth twice a day.

• Use a small toothbrush and a smear of fluoride toothpaste.

• Don’t put your baby to sleep with a bottle of juice or milk. Use only water.

• By age one take your child to a dentist or physician for an oral health checkup.

**Healthy snacking = healthier teeth**

* Choose healthy snacks such as cheese, fruits and vegetables.
* Sweet liquids including juice, sport drinks and soda (even diet), cause cavities.
* Avoid “grazing”--snacking and drinking sweet liquids throughout the day.
* Teeth need time to rest in between eating and drinking.

If a child is cavity-free prior to age three, he/she is more likely to have better oral health for a lifetime.

**Unleash the power of oral health!**

**To learn more, visit** [**TheMightyMouth.org**](http://www.themightymouth.org/)