Choose... Healthy foods!

🌟 Milk or juice with meals
🌟 Limit sugar
🌟 Water between meals

Choose... Healthy drinks!

🌟 2 mins 2x a day
🌟 Use fluoride toothpaste
🌟 Just a dot, not a lot!

Choose... Brushing your teeth!

🌟 2 mins 2x a day
🌟 Use fluoride toothpaste
🌟 Just a dot, not a lot!

Choose... Oral Health!

Questions?
Email us at HTHC@paaap.org

Scan here for a fun video for kids!