

April is Oral Health Month

Oral health is a key part of your child's overall health and well-being. Show your teeth some love. For healthy teeth and gums remember to:

- Brush for 2 minutes 2 times a day
- Floss once a day
- See a dental provider yearly
- Eat healthy tooth friendly foods
- Limit food and drinks that contain sugar
- Choose water to quench your thirst



Check out our Facebook page and visit www.smilecity.ca for cool games and activities.

For more information call the Oral Health Program at 625-5984 or 1-888-294-6630 in the District.

Find us on Facebook and follow us on Twitter: @TBDHealthUnit

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