

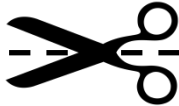
I will...

#smilemonth

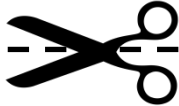


Pledge ideas


Cut out and stick these oral health pledges on your pledge card, or just use them as inspiration to come up with your own




take my child to see the dentist every six months



replace my child's toothbrush every couple of months



Keep sugary foods and drinks to mealtimes with water or plain milk in between



remind my child to brush their teeth before bedtime and in the morning with fluoride toothpaste



lift my child's lips regularly to check for signs of decay

**Health
for Kids!**

