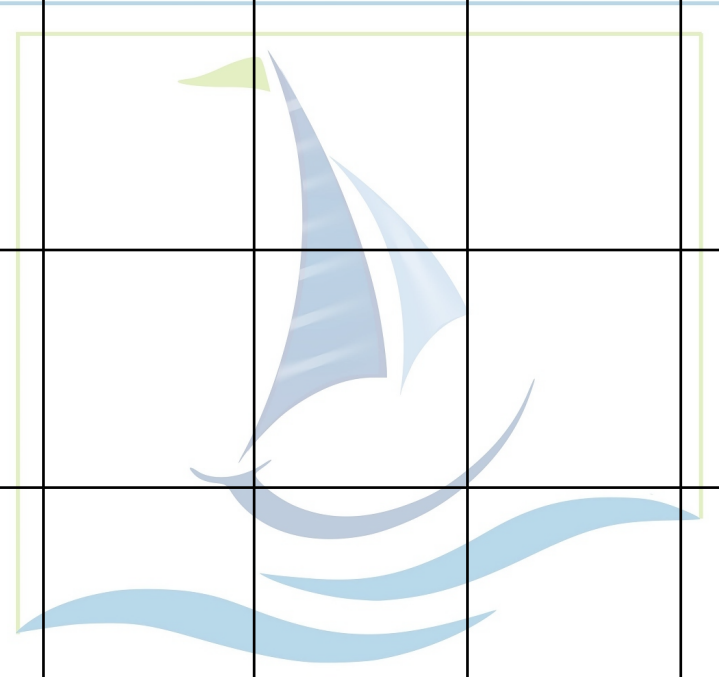


- **BRUSH YOUR TEETH 2min2x A DAY** using small, round strokes. Have a grown-up check your work!
- **FLOSS EVERY NIGHT BEFORE BED** for healthy teeth and gums!

M	T	W	Th	F	Sa	Su
 <p>COASTAL MAINE Pediatric Dentistry</p>						

Parent tip: "FLOSS THE FUN WAY"

Floss sticks are a great tool for your child to practice flossing, but to really get the job done properly, traditional string floss is recommended. Lay your child back with their head in your lap, either on a bed or a couch, to give you a hygienist's perspective of their mouth. It's an easy method for quick flossing!

Check their brushing accuracy and follow up on any missed areas with a rinsed toothbrush.

Don't forget to visit the dentist twice a year and model excellent oral hygiene yourself!