

# Ways to Keep Your Child's Oral Health at its Best!

## What Does Fluoride Do?

- Develops strong teeth as they grow
- Builds strong tooth enamel
- Prevents cavities and tooth decay
- Protects teeth from acid attacks

## You Can Find Fluoride In:



Tap water



Toothpaste



Mouth Wash

## Plaque

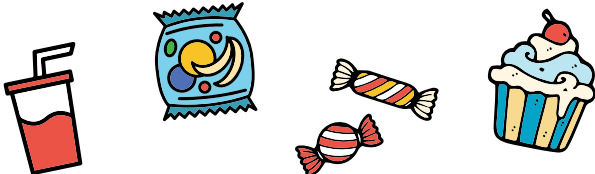
is a slimy, sticky substance that sticks to your teeth and can buildup to form an acid that attacks tooth enamel.

## Cavities

are tiny holes in a tooth made from acid and can cause tooth pain and tooth decay.

## Limit Sugar Intake

Sugar leads to cavities and tooth decay. Limit or avoid items high in sugar like:



Soda   Fruit Snacks   Candy   Desserts

## Unhealthy Teeth on Overall Health

- Toothaches and pain
- Bad breath
- Infections
- Gum disease
- Twisted teeth or teeth growing out of place



Indiana  
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**WATCH NOW:** Lesson 2  
[Fighting Off Plaque and Cavities](#)

