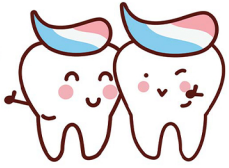


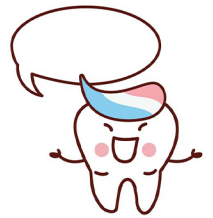
Five rules for Children's oral health

1. Brush twice a day and floss once a day at bedtime



2. Rinse mouth every time you eat or drink other than water or at least drink some water after eating or after drinking anything other than water

3. Finish all sugary food which includes candy chocolate sodas juices etc. within seven to a maximum of 10 minutes longer contact with sugar with the teeth will cause cavities



4. Use fluoride mouthwash every night for one minute after brushing and flossing then do not eat drink or rinse the mouth for 30 minutes or better yet do it right before bed

5. Visit dentist every six months

