



# Be an



# Oral Health Champion

*As you interact with children, you can change their lives in important ways. One of the ways that you can help them the most is by teaching them about good oral health.*



## Here are some ideas on how you can help:

- Teach children about nutrition. Children need to eat healthy food every day. Foods high in sugar should not be eaten often.
- Encourage children to drink water during the day, especially between meals or snacks.
- Be aware that tooth decay is caused by bacteria that can be passed from one person to another. Bacteria can be spread when children share food, lick pencils or other objects, or put toys in their mouths.
- Reward children with stickers, words of praise, or fun activities instead of food.
- Be a good role model. Let children see you drinking water or milk and eating healthy snacks.
- Help children brush their teeth with fluoridated toothpaste twice a day. Praise them for brushing.



*You can make a big difference in children's lives—now and in the future!*

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