



Healthy  
Teeth



Healthy  
Child



School  
Success

*Children with poor oral health are 3x more likely to miss school* 

## Parents: Help your children succeed!

- Brush their teeth twice daily
- Limit sugary foods and drinks
- Take them to the dentist twice a year, starting at age 1
- Offer *tap water* to drink



For help finding a dentist, call 1-800-300-9950

<https://www.sfdph.org/dph/comupg/oprograms/MCH/CCHP.asp>

