



WESTBROOK
FAMILY DENTAL

Kids Dental Care Guide

Fun, Easy & Happy Smile Tips for Your Child

A healthy smile starts early! With the right habits, your child can enjoy strong teeth, cavity-free days, and confident smiles. Here's your simple guide to making dental care fun.

Top Tips for Healthy Teeth ■

- Start dental visits by age one.
- Brush twice daily with fluoride toothpaste.
- Make brushing fun with songs or games.
- Limit sugary snacks and drinks.
- Encourage drinking plenty of water.
- Visit dentist every 6 months regularly.
- Teach kids by brushing together daily.

Small habits today create big smiles tomorrow! Keep it fun, stay consistent, and your child will grow up loving their healthy smile.