



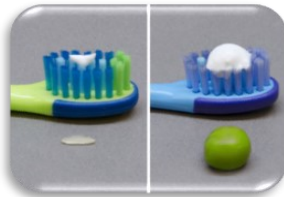
5 Easy Steps to Oral Health

5 Pasos Sencillos para la Salud Bucal



1. **Brush 2 times** a day for **2 minutes** with a fluoride toothpaste
2. **Floss** teeth daily
3. Get **fluoride varnish** protection
4. Eat **healthy snacks**
5. Regular visit to the dentist by their **1st birthday**

1. **Cepillarse 2 veces** al día por **2 minutos** con una pasta de fluoruro
2. Use **hilo dental** diariamente
3. Protégase con **barniz de fluoruro**
4. Coma **bocadillos saludables**
5. Visite el dentista regularmente **al cumplir 1 año** de edad



0-3 yrs. 3-6 yrs.



Child Health & Disability Prevention (CHDP) Program
(805) 981-5291
www.vchca.org/chdp



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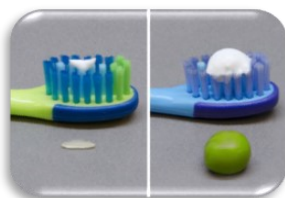
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Brush & Floss Chart

When you finish brushing or flossing make a ☑ or place sticker for job well done.



Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Name: _____ Month: _____

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