

# Stop the Spread of Tooth Decay



**For families with children from birth to 5 years**

## Simple Steps to Avoid the Spread of Tooth Decay

- ✓ Avoid sharing things that have been in your mouth with your child.
- ✓ Chew sugarless gum with xylitol.
- ✓ Use fluoride.
- ✓ Brush and floss every day.
- ✓ Eat a healthy diet.
- ✓ Visit the dentist.



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This pamphlet was funded by the United States Department of Agriculture, Food Stamp Program, through the California Nutrition Network for Healthy, Active Families, an equal opportunity provider and employer.



Pub #115

