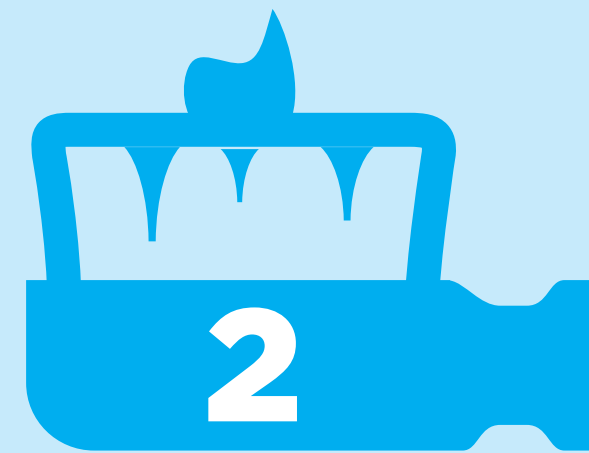


# FLUORIDE: CAVITY FIGHTER

Children can maintain good oral health in 4 ways:



**Drink water  
that has fluoride**



**Brush twice  
a day with the right  
amount of fluoridated  
toothpaste**



**Eat a healthy diet,  
limiting sweet drinks,  
sticky candies,  
and snacks**



**Talk to your dentist  
or doctor about  
fluoride treatments**

Fluoride is an important mineral for all children.  
Talk to your dentist or doctor to learn more.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Adapted with permission from the American Academy of Pediatrics  
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