

# Strengthen your body: **one glass at a time.**



Tap water with fluoride is the easy, inexpensive, and healthy choice for your teeth and body.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Adapted with permission from the American Academy of Pediatrics and Campaign for Dental Health (see [www.ilikemyteeth.org](http://www.ilikemyteeth.org)).  
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