

Healthy Habits for Healthy Teeth



Brush your teeth two times a day for two minutes each time with a fluoride toothpaste.



Remember to floss every day.



Choose water. Limit juice, chocolate milk, and other sugary drinks.



Visit your dentist for regular check-ups and fluoride treatments.

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Does your child need dental care?

Healthy Smiles Ontario (HSO) provides free dental care for eligible children and youth 17 and under, including: checkups, treatments, emergency or essential dental care, preventive dental services, and more!

Call 613-549-1232, ext. 1218 to find out if your family is eligible or visit:

kflaph.ca/HSO

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