

# CAVITIES ARE 100% PREVENTABLE!



## TIPS FOR YOUR HEALTHY MOUTH:

- \* Brush for 2 minutes, twice a day
- \* Visit the dentist every 6 months
- \* Always use fluoride toothpaste
- \* Use a soft toothbrush
- \* Limit sugary snacks and drinks
- \* Floss each night before bed

## BABY TEETH JUST FALL OUT... WHY PROTECT THEM?

- \* Healthy teeth help your child chew and speak clearly
- \* Baby teeth make space for adult teeth
- \* Cavities and decay lead to pain and infection, making it hard for kids to learn
- \* Self-esteem - kids are happier when they feel good about themselves



## OUR MISSION

Improving the health  
of our communities.

## OUR VISION

Quality health care for all.

## OUR VALUES

Integrity. Mission before self with  
empathy and compassion.



813.653.6100  
[www.suncoast-chc.org](http://www.suncoast-chc.org)

# BRUSH, FLOSS



# AND SEAL AWAY DECAY!

## FOLLOW THESE TIPS FOR NO CAVITIES:

### BIRTH-2 YEARS

- \* No bottle at bedtime
- \* Healthy foods - breast milk is best!
- \* Clean gums after every feeding
- \* NEVER put juice or soda in a bottle
- \* Don't dip pacifier in sweets
- \* Wean from bottle at 12-14 months
- \* Check both sides of child's teeth each month and look for white, brown or black spots
- \* See a dentist at first sign of teeth or at age 1

### 2-5 YEARS

- \* Brush child's teeth twice a day
- \* Floss each night before bed
- \* Healthy foods, not sweets!
- \* Serve juice in a cup (no lid)
- \* Only water at bedtime

### 6 YEARS AND UP

- \* Brush child's teeth twice a day
- \* Floss each night before bed
- \* Reward with hugs, not food
- \* Ask about dental sealants to protect from cavities

## DENTAL SEALANTS

Thin, safe coatings that protect teeth from cavities and decay

before



after



## MY CHILD HAS CAVITIES... NOW WHAT?

### BRANDON COMMUNITY HEALTH CENTER

313 S. Lakewood Drive, Brandon, FL 33511  
Open M-F 7:30am – 5:00pm



### OAKFIELD COMMUNITY DENTAL CARE

710 Oakfield Dr. Suite #105, Brandon, FL 33511  
Open M-F 7:30am – 5:00pm



### RUSKIN HEALTH CENTER

2814 14th Avenue SE, Ruskin, FL 33570  
Open M-F 7:30am – 5:00pm & Tues 7:30am – 7:00pm



### PLANT CITY FAMILY CARE

801 E. Baker Street, Plant City, FL 33563  
Open M-F 7:30am – 5pm (7pm on Tues) & Sat 8am – 2pm



### TOM LEE COMMUNITY HEALTH CENTER

14254 Martin Luther King Jr. Blvd., Dover, FL 33527  
Open M-F 7:30am – 5:00pm & Tues 7:30am – 7:00pm



### PALM RIVER PEDIATRIC DENTAL CENTER

7728 Palm River Road, Tampa, FL 33619  
Open M-F 7:30am – 5:00pm



CALL US TODAY TO MAKE AN APPOINTMENT  
AT ONE OF OUR 6 CONVENIENT LOCATIONS