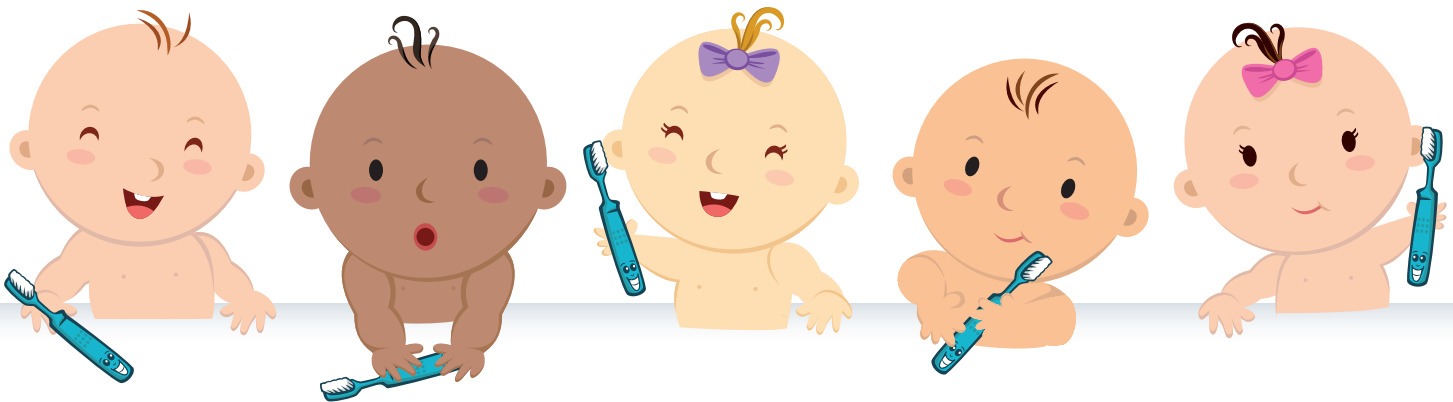


# Healthy Smiles

Check out the QR codes below for important tips to keep our teeth healthy!



## Cavities are Contagious



## Teething



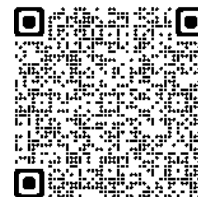
## Tooth Brushing



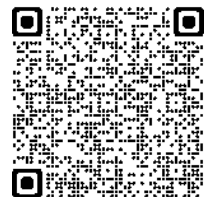
## Dental Visit



## Drinking and Snacking



## Healthy Smiles 1-4 years



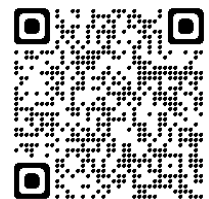
## Importance of Fluoride

Without fluoridation in the municipal water supply, there is an increased risk of developing cavities. This makes it important to use a fluoridated toothpaste for children of all ages.

## Get Support

Interior Health's Dental Team is here to support you and your child's oral health care. Please contact your local health centre to reach the Dental Program. [Contact information](#) is found using the link below or the QR codes.

## Lift the Lip Dental Program



## Allied Health Early Childhood Development Dental Program

<https://www.interiorhealth.ca/services/early-childhood-dental-development-0-6-years>