

# Dear Parents,

We hope this message finds you well. As part of our ongoing commitment to promoting health and wellness in our community, we would like to raise awareness about the importance of dental health for our children.

Good dental hygiene habits should begin at an early age. We encourage you to instill these practices in your children:

- Brush teeth at least twice a day with fluoride toothpaste.
- Floss daily to remove food particles and plaque that brushing can't reach.
- Limit sugary snacks and drinks to reduce the risk of cavities.
- Schedule regular dental check-ups every six months.

Additionally, we invite you to join us for a Dental Health Awareness Workshop on **Date** at **Time**. This engaging session will provide valuable tips and resources for maintaining your child's oral health.

Thank you for your continued support in fostering a healthy environment for our children.

Sincerely,

**Your School's Health Team**