

Dear Parents,

We hope this letter finds you well! As part of our commitment to your children's health, we would like to share some important dental hygiene tips to help maintain their bright smiles:

Daily Routine:

- Encourage your child to brush their teeth twice a day for two minutes.
- Use a fluoride toothpaste to strengthen enamel.
- Ensure they floss daily to remove plaque between teeth.

Healthy Eating Habits:

- Limit sugary snacks and drinks to reduce the risk of cavities.
- Incorporate fruits and vegetables for better oral health.
- Encourage drinking water, especially fluoridated water.

Regular Dental Visits:

Schedule dental check-ups at least twice a year to monitor your child's oral health and catch any issues early.

Fun Dental Care:

Make brushing fun! Use colorful brushes and fun toothpaste flavors. Consider using a timer or a brushing chart to keep your child engaged.

Thank you for your support in promoting good dental habits. Together, we can ensure our children maintain healthy smiles for years to come!

Sincerely,

Your Dental Care Team