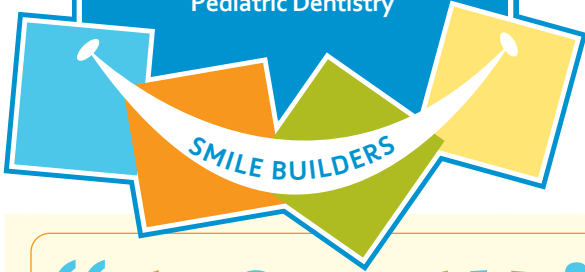


# Smile Builders

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## BUILDING GREAT SMILES. BUILDING TRUSTING RELATIONSHIPS.

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### “TOOTH TIP”

Food eaten during a meal poses less of a threat to teeth because of the additional saliva. Saliva helps to wash food particles from your mouth and lessen the damage from acid. If you are going to give your children a treat it is better to

give it together with a meal as dessert rather than snacking throughout the day. The constant exposure to sugar even "healthy foods" is damaging to teeth. Try to schedule 3 meals and 2-3 snacks a day and only give water in between. Lets work together to build our children's strong healthy smiles!!

Children should grow up to have 32 healthy permanent teeth. Lets "build" **healthy habits together!** Fill in this chart by brushing every morning and brushing and flossing every night. Bring your completed chart into our office and **receive a prize!** You will also be entered into our raffle to **win a \$32 gift certificate to Toys 4 U, Tuvias or Smile Builders!**

Name \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	EREV SHABBOS	MOTZEI SHABBOS



## Our "SMILESTONE" gift to you!!

As your children grow they will reach many milestones. Our favorite, and one of the most important milestone in your child's oral health is **the eruption of your child's first baby tooth!** This is a wonderful opportunity to educate parents and lay the foundation in **"building a warm and trusting relationship with your child."**

**CALL TO SCHEDULE YOUR CHILD'S FREE SMILESTONE CHECK UP!!!**

[www.RocklandSmileBuilders.com](http://www.RocklandSmileBuilders.com)