

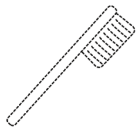


Make this a Christmas of sparkling smiles

Oral care tips for kids



Help your kids maintain a healthy smile amidst all the holiday treats, with these simple oral care tips:



Use a **soft-bristled toothbrush** of a size appropriate for their age.



Encourage brushing teeth **twice daily** (morning and before bed) to establish good habits.



Demonstrate the **correct brushing technique** (circular motions along the gumline and the surfaces of each tooth) as a **fun and educational experience**.



Promote a balanced diet, **limiting sugary snacks** and drinks as they can contribute to tooth decay.



Schedule **regular dental check-ups** to address any issues early.



Children learn by example. Make it a family affair to **brush together**.

Finally, keep yourself informed about your child's oral health. Consult a pedodontist for personalized advice based on your child's unique requirements.