Are your child's teeth healthy?

Your dental health impacts your overall health. To prevent gum disease and tooth decay, you should see your dentist every 6 months.

What else can I do to keep my teeth healthy?

Brush your teeth two times every day!
When you wake up and before you go to bed.

Floss every day!
Make sure to get deep into the gums to remove plaque.

Drink lots of water!
This keeps your mouth hydrated, preventing dry mouth and tooth decay.

Eat healthy foods!
Avoid sugary drinks– they slowly dissolve tooth enamel.

Schedule an appointment
for yourself or your child today!

NATIVE HEALTH offers **adult** and **pediatric** dental services including:

Exams   **X-rays**   **Cleanings**

NATIVE HEALTH Central
4041 N Central Ave, Bldg C – Phoenix

NHW Community Health Center
2423 W Dunlap Ave, Suite 140 – Phoenix

Ask your dental health team for more information!

February is CHILDREN'S DENTAL HEALTH MONTH

NATIVE HEALTH
your healthcare home
www.nativehealthphoenix.org