

Anishinaabemowin
Zhaazhoomingwenwok
gewe binojiinhak



Anishinaabemowin gdimimikaagoom.
Did you know that childhood cavities are preventable?

What is the most common reason children miss school? Cavities!
Anishinaabemowin da zongaabeziwok binojiinhak.



**Brush their teeth
twice a day.**



**Floss their teeth
once a day.**



**Visit the dentist
twice a year.**



**Choose water
over sugary drinks
when possible.**



**Eat more fruits
and veggies.**



**Ask your dentist
about sealants
and fluoride.**

If you need help finding an affordable dentist,
visit **www.smilehelpnow.com**.