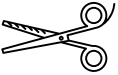


Pledge Ideas

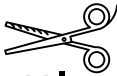
Cut out and stick these oral health pledges on your pledge card, or just use them as inspiration to come up with your own



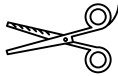
Take my child to see the dentist



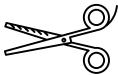
Brush my child's teeth twice a day with a fluoride toothpaste



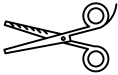
Stop using a baby bottle by one year old



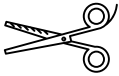
Only give sweet food and drinks at mealtimes



Not put any sweet drinks in a baby bottle or cup



Avoid giving my child a bottle to suck to get them to sleep



Give my child water to drink if they wake up in the night