

**SUMMER HOLIDAYS ARE COMING...
BUT "SUGAR BUGS" ARE NEVER ON VACATION!**

Dear parents and caregivers,

First, we want to thank you for giving us your trust by allowing us to see your children.

We know that encouraging children to look after their teeth can sometimes be an uphill battle. Here are some oral health tips that encourage better dental care.

- **Tooth-Friendly Food (as cheese, nuts, real fruits....)**
- **Brush their teeth after dinner (sometimes, it is difficult to do it at bedtime)**
- **Avoid the sticky Goldfish, Fruits Rolls, cupcake...**
- **Water is ALWAYS THE BEST choice when your child is thirsty.**



GOLDFISH STICK TO TEETH



Summer holidays are fun ! But do not forget that "Sugar Bugs" are never on vacation.



Kateri Memorial Hospital Centre

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