









## Make it Fun!

Lastly, kids need positive reinforcement to motivate them to practice good oral hygiene. They want to make their parents proud so praising and rewarding your kids when they floss and brush their teeth (twice a day for two whole minutes) is a powerful way encourage them to do this more!



*Thank you, friend!*

So there you have it! 10 easy steps to prevent cavities in kids! I know you've got this!

I created this guide because I'm passionate (and a little obsessed) about empowering you & your family with the tools & knowledge for an amazing smile for life, free of easily preventable dental problems.

You deserve to have a smile that reflects your authentic and best self. Because YOU ARE WORTH IT, my friend.

For more helpful dental tips to make your life easier, check out our blog at [Thrivedentistblog.com](http://Thrivedentistblog.com). And come see us in person! Book online at [Thrivedentist.com](http://Thrivedentist.com).

If you have any questions feel free to ask me! Write your question to: [thrivedentist@gmail.com](mailto:thrivedentist@gmail.com) and write "Question for Dr. Christine" in the subject line.

I can't wait to meet you, friend!

With Love,

*Dr. Christine*