

Coos Health & Wellness

Together, Inspiring Healthier Communities



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Modeling Good Dental Hygiene

Coos Health & Wellness's **Ready to Smile** School-Based Dental Sealant Program is educating parents and caregivers on modeling good dental hygiene, through a grant received in 2016 from the **Coquille Tribal Community Fund**, through the Coos County Friends of Public Health. Educational materials entitled "Help me Brush" and "Brush with Me" are being distributed to child care centers, early learning center, preschools, elementary schools, dental offices, and other child centered agencies in Coos and Curry Counties. These materials encourage parents and caregivers to:

- Brush their child's teeth for them until their child is old enough to color between the lines or able to tie their own shoes,
- Model good oral health behaviors and make brushing a family affair,
- Choose healthy foods, and
- Make brushing fun!

If you did not receive set of these educational materials and would like a set, please contact Katrinka at readytosmile@co.coos.or.us

Katrinka McReynolds – Ready To Smile Program Manager

1975 McPherson Avenue, #2, North Bend, OR 97459
541-808-0720 readytosmile@co.coos.or.us