



935 Garfield Avenue, Jersey City, NJ  
*(right by the Garfield Avenue Light Rail; free parking in our lot!)*  
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857 Bergen Avenue, Jersey City, NJ

We accept Medicare, Medicaid and most health care insurances.

Visit [www.MetropolitanFHN.com](http://www.MetropolitanFHN.com)  
or phone 201-478-5800.

Metropolitan Family Health Network's Seal the Deal program is made possible by a grant from the Horizon Foundation for New Jersey.



# Keep Your Child's Teeth Healthy



## Join Metropolitan Family Health Network in our Seal the Deal campaign for your children's oral health!

Good oral health care is important all through your child's life, starting at the time when baby teeth come in at about 6 months of age.

The pediatric and dental staff at Metropolitan Family Health Network wants to work with you to make sure your child has strong, healthy teeth and gums for life. We will look at your child's teeth to make sure there are no problems. We will teach you – and your child – how to properly care for teeth and gums.



### Cavities Can Be Prevented!

Cavities are the most common chronic childhood disease, and cavities can start in children as young as 1 or 2 years old! Cavities cause pain and can keep a child from being able to eat, speak and sleep properly, which in turn prevents a youngster from learning and enjoying play and recreation.

Good every-day oral care – proper tooth brushing (flossing when a child can manage it), eating healthy foods and limiting sugary foods and beverages – are all-important to preventing cavities.

Regular oral and dental screenings are also an important part of preventing cavities. We are here to make certain your child's teeth and gums are thoroughly checked. If needed, our pediatric and dental staff will apply

fluoride varnish (for baby teeth) and dental sealants (for permanent teeth). These are safe, pain-free ways of protecting teeth from decaying and causing problems.

### Seal the Deal

Make sure your child's teeth are protected with fluoride varnish (for baby teeth) and dental sealants (for permanent teeth). Talk with your child's Metropolitan Family Health Network doctor and dentist about keeping her/his teeth healthy and strong! Call 201-478-5800 and schedule your child's appointment for a check-up today!