



“Smile Humboldt Family helped me learn that I’m in charge of my teeth. They showed me how to brush and floss and gave me ideas about how to help my kids brush and floss. I learned how to make good snacks and drinks that don’t hurt our teeth, too. I’m so grateful!”

~**Maria S.**



DENTAL COACHES

Ana

Yo hablo español
Humboldt County



Cayla

Humboldt County



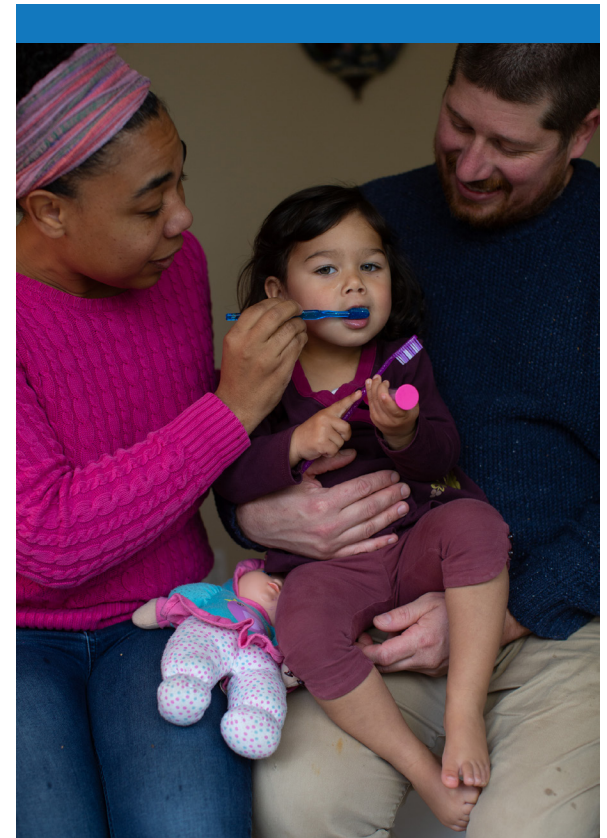
Our trained coaches help you make dental appointments, arrange transportation, and can show you what to do every day to keep your teeth healthy.

**For more information about
the Smile Humboldt Family,
call**

707-476-4949.

**All services are free and
confidential.**

The Power is in Your Hands.



SMILE Humboldt FAMILY



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707-476-4949**



SMILE Humboldt FAMILY



Brush! Floss! Smile!

Welcome to the Smile Humboldt Family!

- 🦷 We help local pregnant women, children and adults with their oral health care.
- 🦷 Our dental coaches show you how to keep yours and your children's teeth healthy.
- 🦷 First we will ask you some questions.
- 🦷 Then we will help you make and keep your children's dentist appointments.
- 🦷 We are dental coaches and are here to help you and your family.
- 🦷 **There is no charge for our help.**

Do you want help making a dental appointment for yourself, your child or other immediate family members?

We can help.

Would you like free toothbrushes, toothpaste and dental floss?

We have dental health supplies available for the whole family.

How about tips to keep yours and your family's teeth cavity free?

We show you what you can do every day to be sure your children's teeth and your teeth stay healthy.

Would you like to learn about healthy food and drink options?

We will share ideas about healthy foods, drinks and snacks that are good for the whole families' teeth.

Your teeth matter!

The Power is in Your Hands.
We can show you how!

My Smile Humboldt Family Coach is:

Dental Coach Phone Number:

My appointment with Smile Humboldt Family is on:

Location:



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