



"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.**

# SMILE Humboldt



## DENTAL COACHES

**Ana**

Yo hablo español  
Humboldt County



**Cayla**

Humboldt County

**Lauren**

Humboldt County



**Christie**

Hoop Valley



**Kelly**

Southern Humboldt



**For more information  
on Smile Humboldt  
Family call**

**707-476-4949**

Revised October 2019



# SMILE Humboldt FAMILY





# SMILE Humboldt FAMILY



## Brush! Floss! Smile!

### Welcome to Smile Humboldt Family!

- 🦷 We help local families with their oral health care.
- 🦷 Our dental coaches show you how to keep your children's teeth healthy.
- 🦷 First, we will ask you some questions.
- 🦷 Then we will help you to 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 your child a dentist appointment?

We help you make appointments to get your child into the dentist.

### Would you like free toothbrushes, toothpaste and dental floss?

We give you dental health supplies for the whole family.

### How about tips to keep your children's teeth cavity free?

We show you what you can do every day to be sure your children's 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!

It's up to you to care for them.

We can show you how!

My Smile Humboldt Family Coach is:

Dental Coach Phone Number:

My appointment with Smile Humboldt Family is on:

Location:

