

A young girl with dark curly hair in pigtails, wearing a denim jacket over a striped shirt, is eating a yellow lollipop. She is looking directly at the camera with a neutral expression.

# The root of tooth decay may be this treat.



**Cavities can cause pain and difficulty eating and speaking.**

**TAKE THESE STEPS:**

- Avoid sugary snacks and drinks
- Brush your child's teeth twice a day
- Begin regular dental visits by age one

**For more information, call 311 or visit [nyc.gov](http://nyc.gov) and search for "TEETH"**

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Health