

## REGISTRATION FORM

(Due 10 days before date of course)

PLEASE PRINT LEGIBLY:

Attendee Name(s):

\_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Check if you need e-mail confirmation of receipt

### Course Fee:

**\$30 - 1 Attendee      \$40 - 2 Attendees**

*Course Date (please circle one)*

*January 28, 2012 — Murrysville*

*February 8, 2012 — Greensburg*

*February 25, 2012 — Norwin*

*March 5, 2012 — Murrysville*

*March 24, 2012 — Indiana*

*April 9, 2012 — Norwin*

*April 28, 2012 — Murrysville*

*May 16, 2012 — Greensburg*

*May 26, 2012 — Indiana*

*June 4, 2012 — Penn Hills*

*June 23, 2012 — Greensburg*

Make Checks Payable to:  
Healthy Smiles for Tomorrow

Detach Form at Crease and Mail to:  
Healthy Smiles for Tomorrow  
561 Otts Road  
New Alexandria, PA 15670

## Meeting Locations

- **Greensburg**  
Bishop Connare Center, Armstrong Room  
2900 Seminary Drive  
Greensburg, PA 15601
- **Indiana**  
Kovalchick Center, Conference Room 1  
711 Pratt Drive  
Indiana, PA 15705
- **Murrysville**  
Murrysville Area Public Library  
Conference Room 205/206  
130 Sardis Road  
Murrysville, PA 15668
- **Norwin**  
Norwin Public Library  
Kunkle Community Room  
100 Caruthers Lane  
Irwin, PA 15642
- **Penn Hills**  
William E. Anderson Library of Penn Hills  
Meeting Room B  
1037 Stotler Road  
Pittsburgh, PA 15235

All Monday/Wednesday courses  
are held from 6:00pm-8:00pm

All Saturday courses  
are held from 10:30am-12:30pm

Classes may be rescheduled at the discretion of  
the instructor; 48 hours notice will be given to all  
attendees.

Class size is limited; register early to  
guarantee your spot.

## Healthy Smiles for Tomorrow: Prenatal and Pediatric Oral Health Counseling

Phone: 724.454.7749

E-mail: [helen@healthysmilesfortomorrow.com](mailto:helen@healthysmilesfortomorrow.com)

Website: [www.healthysmilesfortomorrow.com](http://www.healthysmilesfortomorrow.com)

## Infant/Toddler Oral Health Care



Prenatal Classes in  
Westmoreland, Allegheny,  
and Indiana Counties

2012 January-June  
Schedule

Courses Provided By:  
Healthy Smiles for Tomorrow

## *The Prenatal Class You Can't Miss...*

---

As expecting parents, you want the best for your baby. You will take classes on car safety, nutrition, feeding schedules, as well as general health topics. The one subject you won't hear much about in those classes is your child's oral health.

Cavities are the number one chronic childhood disease, 4-5 times more common than asthma. The effects of dental disease follow an individual throughout their lifetime. Tooth decay and gum disease lead to overall health problems by allowing dangerous bacteria to invade your bloodstream. Not only is this a problem for young children as they grow into adults, but pregnant women also can experience complications from dental disease. Gum disease in mothers has been linked to low birth weight babies and pre-term labor.

---



### *Who Should Attend?*

This class is beneficial for all parents, grandparents, and caregivers. Whether you are expecting your first child or hoping to babysit your newest grandchild, there have been many discoveries and updates in oral health care for children. It is extremely important to make a healthy start **from birth** in order to prevent dental disease.

You will learn techniques and facts that you can share with every child in your life. Come to class prepared to get all the information you need to raise children with healthy smiles!

## *Your Questions Answered...*

- When should my child first visit the dentist?
  - How do cavities form?
  - Can we prevent cavities *completely* in our child's mouth?
  - When do the baby teeth first appear?
  - Why is juice bad for my baby's teeth?
  - What kind of toothpaste should we use for the baby?
  - Is fluoride important?
  - What should happen at my child's first dental visit?
  - Are pacifiers bad for my baby's teeth?
  - When can children begin to brush by themselves?
- 
- 

*Adam and Eve had many advantages, but the principal one was that they escaped teething.*

*~Mark Twain*

---

---