

# FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH



Join us in celebrating this month-long observance.



## GOAL

The goal of National Children's Dental Health Month is to improve children's oral health by promoting good oral habits starting at an early age.



## TOOTHY TIPS

Your child's teeth are meant to last a lifetime. With proper care, a balanced diet and regular dental visits, their teeth can remain healthy and strong. Here are simple tips to help your child take care of their teeth:

- Brush for two minutes, two times a day.
- Clean between teeth . . . FLOSS!
- Eat a healthy diet and limit sugary snacks and drinks between meals.
- See the dentist regularly for checkups. Ask about sealants and fluoride.

## DID YOU KNOW?

- The most common disease is the common cold. Number two is tooth decay. But with good oral care, your child can avoid getting cavities.
- Tooth enamel is the hardest substance in the body.
- A can of soda can contain 12 teaspoons of sugar. Too much sugar can lead to cavities.
- If your child doesn't floss between their teeth, they miss cleaning almost half of a tooth's surface.

