

FEBRUARY



Did you know... February is National Children's Dental Health Month, presented by the American Dental Association.

Parents, remember! Your children can avoid cavities. Remind and/or help them brush their teeth twice a day with a fluoride toothpaste, floss regularly, and eat healthy diet that limits sugary drinks and snacks.

Make sure they see their dentist on a regular basis to develop good habits that can last a lifetime.

Click the links below for some child-friendly activities that reinforce dental health!

- [Crossword Activity](#)
- [Coloring Sheet](#)
- [Brushing Calendar](#)

Sealants Make Sense!

Dental sealants can help protect your child's teeth and ultimately save you money. They provide a protective barrier that can help prevent bacteria and tooth decay.

Mouth Guards

Do your kids play sports? Mouth guards are important to protect against broken teeth and injuries to the face. Ask your dentist for more information!



Source: www.ada.org/resources/community-initiatives/national-childrens-dental-health-month?utm_source=adaorg&utm_medium=vanityurl