

February is a time to SMILE SMARTER!



It's National Children's Dental Health Month!

Why Oral Health Matters!

Healthy Mouth, Healthy Body!

Cavities are the most common chronic disease in children.



Emergency Dental Tips

- Knocked out tooth? Keep it in milk!
- Broken tooth? Rinse & save the piece!
- Call a dentist ASAP!



Here's a [LIST](#) for reference

Dental Tips by Age

Ages 0-5:

- Brush from the first tooth!



Ages 6-12:

- Dental sealants protect!



Teens:

- Avoid sugary drinks & protect your smile!



For School Nurses

- Dental Emergency Kit Ready
- Check Kids' Teeth Often
- Refer to Low-Cost Clinics
- Promote Brushing Daily!



General Dental Health Tips

- Brush twice a day for 2 minutes using fluoride toothpaste
- Replace your toothbrush every 3-4 months
- Floss daily to clean between teeth
- Drink water and limit sugary snacks & drinks
- Visit your dentist every 6 months
- Wear a mouthguard when playing sports
- Don't ignore bleeding gums – it could be a sign of gum disease.



Helpful Resources

General & Children's Oral Health

- American Academy of Pediatric Dentistry (AAPD) - Parent Resource Center
<https://www.aapd.org/resources/parent/>
- MouthHealthy by American Dental Association (ADA)
<https://www.mouthhealthy.org/>

Emergency Dental Care

- AAPD: Dental Emergency Care
[Policy on Emergency Oral Care for Infants, Children, Adolescents, and Individuals with Special Health care needs.](#)

For School Nurses & Educators

- Oral Health Connections: Oral Health & Wellness Resources
<https://www.oralhealthconnections.org/home>
- Smiles for Life (Free Continuing Ed. Modules for Health Providers)
<https://www.smilesforlifeoralhealth.org/>
- National Maternal and Child Oral Health Resource Center (OHRC)
<https://www.mchoralhealth.org/>



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