

# CHILDREN'S DENTAL HEALTH MONTH



## February is National **Children's** Dental Health MONTH



**Dental care: a healthy habit to share**

Every February, the American Dental Association sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

Your child's teeth are constantly at risk of decay. Regular brushing can help prevent cavities, which, if untreated, can spread to central parts of the tooth where they can cause serious damage.

Sugar in the diet is the main cause of tooth decay. Minimizing the amount of sugary foods in your child's diet is the most important step you can take to keep his or her teeth healthy. Try to limit the quantity of soft drinks, including "diet" drinks, that you give your child because the acid in all soft drinks can also damage their teeth.

Teach your child the correct way to brush his or her teeth. When they are young, brush them for the child or supervise until he or she is able to manage alone. Regular dental checkups are strongly suggested from about three years of age. If symptoms of decay, such as toothache, develop between checkups, make an appointment with your dentist as soon as possible in order to prevent any irreversible damage to your child's dental health.

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103-83 Mill Street, Georgetown, Ontario L7G 5E9  
**905 • 873 • 1066**

[drselsnes@heritageorthodontics.com](mailto:drselnes@heritageorthodontics.com) [www.heritageorthodontics.com](http://www.heritageorthodontics.com)

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