

# February

National Children's Dental Health Month



More than one-fourth of preschool children have tooth decay.



**Parents can prevent children's tooth decay:**

**B**rush teeth after meals and at bedtime

**V**isit the dentist once a year

**A**void passing cavity causing germs to children

**G**ive children their own fork and spoon

**C**lean pacifier or bottle nipple using water instead of spit

**S**tart cup drinking at 6 months; wean from the bottle by 1 year

**N**ever put child to sleep with a bottle or sippy cup

**S**erve water or milk between meals



for great kids!

[www.tipsforgreatkids.com](http://www.tipsforgreatkids.com)

National Awareness Flyers