

## February is Children's Dental Health Month



Your dentist will tell you how often you should take your child(ren) to the dentist. But, each February we work hard to remind Native American and Alaska Native families about the importance of dental health and the need to visit the dentist regularly.

Your teeth are more likely to last a lifetime by brushing and flossing daily. A pea-size amount of fluoride toothpaste is just enough for your child. Limiting sweets and sodas will also help your child have a healthy mouth for life.

Visit the dentist regularly! If your child has not been to the dentist in the last year, call your dental clinic today for an appointment. Find your dental clinic's phone number at the bottom of this page.



**Take your kids to the dentist.**

## February is Children's Dental Health Month.

**Make an appointment for your family today!**

**Zia Clinic**  
505.867.5258

## FIRST TOOTH. FIRST EXAM.

Visit the dentist when your child's first tooth arrives.



**TEST YOUR  
DENTAL  
KNOWLEDGE!  
WHICH ANSWER IS  
TRUE?**

**A child who has his or her first dental visit early in life is more likely to:**

- Visit a dentist regularly throughout their life
- Get more preventive care
- Have fewer fillings and emergency dental visits
- All of the above

If you answered "all of the above," you are correct!

*(Data from the Office of Head Start National Centers)*



## Good Oral Health Starts at Home

Your teeth are more likely to last a lifetime when you take daily steps to care for your oral health at home.

Good habits start early! Make brushing and flossing a family event.

For a healthy mouth, adults and children should:

- Brush with fluoride toothpaste
  - 2 minutes 2 times a day
  - Use circular motion
- Floss daily
- Visit the dentist regularly

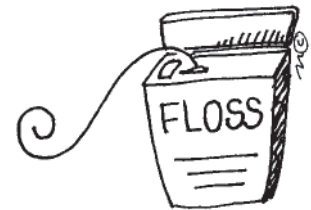
## BABIES NEED THEIR BABY TEETH TO HELP THEM LEARN TO TALK



When a baby's teeth are pulled or fall out because of cavities, it is very hard for a child to form words and speak clearly.

When your child's teeth are in the right position it helps them learn to say syllables and words correctly. Your child's tongue also goes in the right place and stays there when his teeth are in the right spot. You can help your baby keep his teeth by:

- Brushing twice a day
- Flossing regularly
- Visiting the dentist when the first tooth comes in



## FLOSSING YOUR CHILD'S TEETH

Flossing can make a big difference in preventing cavities between the teeth. It's a good idea for parents to start flossing their children's teeth as soon as the teeth are in contact with one another, around age 2 1/2. Your child probably will not be able to do it by themselves until about 3rd grade. Until then, help your child by gliding the floss against the side of each tooth every day after brushing.

Remember to visit the dentist when the first tooth arrives. The staff at your dental clinic can give you steps to take to make sure your child's teeth are healthy. The dental staff will check your child's mouth and teeth and apply fluoride varnish and sealants to help protect against cavities.