

# Children's Dental Health Services



# TOOTH TIMES

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## About Children's Dental Health Services:

Children's Dental Health Services (CDHS) is a nonprofit providing preventive and restorative dental care to underserved children across southeastern Minnesota through school-based clinics and office locations in Rochester and Austin. Each year, CDHS helps thousands of children access the care they need for healthy, happy, and confident smiles.



## Why We're Smiling

BY SARAH HAYES ANDERSON  
EXECUTIVE DIRECTOR

We are excited to bring back Tooth Times, the Children's Dental Health Services newsletter. Over the past year, CDHS has continued to grow and expand our impact across southeastern Minnesota—helping more children access the dental care they need for healthy smiles.

In 2025, we opened our new Rochester clinic, expanding our ability to serve children who face barriers to traditional dental services. Along with our school-based mobile clinics, CDHS continues to reach thousands of children each year with preventive and restorative dental care.

Our team remains committed to ensuring every child has access to quality dental care and oral health education. We are incredibly grateful for the schools, partners, and supporters who help make this work possible.

Together, we are creating healthier smiles and brighter futures for children in our communities.

# Healthy Happy Smile Story



For twenty years, families across our region have trusted Children's Dental Health Services to care for their children's smiles. One local parent recently shared this message with our team:

"We have been bringing our kids to Children's Dental Health Services for at least 13 years. The staff feel like extended family and are always excited to see our children. The kids actually look forward to going to the dentist, which makes life so much easier as a parent."

"When our daughter fell at recess and injured her front teeth, Children's Dental was able to get her in for an emergency visit right away. It was such a relief to see friendly, familiar faces during a scary situation."

"No matter what your family makeup, race, or ethnicity, everyone is welcomed, respected, and treated as valuable. We have been so grateful to continue as patients at Children's Dental Health Services."

Stories like this remind us why access to welcoming, community-centered dental care is so important for children and families.

— Shared by a CDHS family

## CDHS News



We are excited to share a few updates from Children's Dental Health Services:

- Our new Rochester clinic opened in 2025 and is already expanding access to care for children in the region.
- Our school-based programs now serve over 70 schools across 10 counties in southeastern Minnesota.
- In 2025, we provided preventive and restorative care to over 4,300 underserved children.

Our mission remains the same: removing barriers to dental care so every child can have a healthy smile.

# Oral Health Facts

## PROTECT YOUR CHILD'S SMILE: DO THEY NEED FLUORIDE?

Many people believe baby teeth aren't important, but they play a critical role in a child's health and development. Baby teeth help children chew, speak clearly, and hold space for their adult teeth.

Untreated cavities can cause pain, infection, difficulty eating, and missed school days. In some cases, dental infections can even spread to other parts of the body.

### Why Prevent Cavities?

- Cavities can become painful and harder to treat if left untreated.
- Early loss of baby teeth can affect speech and how adult teeth grow in.
- Tooth decay is caused by bacteria and can lead to infection.
- Healthy dental habits help children succeed in school and life.

### What is Fluoride?

Fluoride is a natural mineral that helps strengthen tooth enamel and prevent cavities.

Dental providers may apply fluoride varnish, a quick and painless treatment that helps:

- Strengthen weakened enamel
- Prevent cavities
- Slow early tooth decay
- Protect growing teeth

### The Bottom Line

Fluoride is a safe, effective, and affordable way to help prevent cavities and keep children's smiles healthy.

Talk with your dental provider about whether fluoride treatments are right for your child.

## Donor Spotlight

Children's Dental Health Services would like to extend our sincere gratitude to the Delta Dental of Minnesota Foundation for their generous capital support.

Their investment helped us purchase the dental equipment needed for our new Rochester clinic, allowing us to expand our capacity to serve children across southeastern Minnesota.

With this support, CDHS is able to continue growing our programs and ensuring that children—especially those facing barriers to care—have access to quality dental services close to home.

We are deeply grateful for Delta Dental's commitment to improving oral health in our communities.

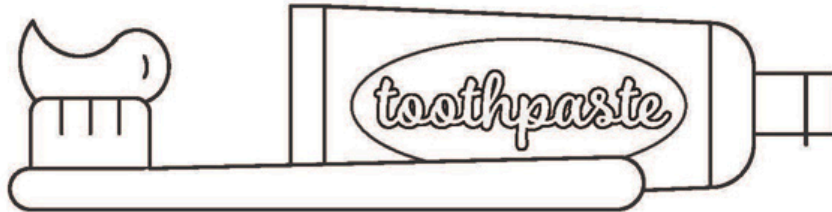


# CDHS Patient Activity

Color the BIG FOUR!

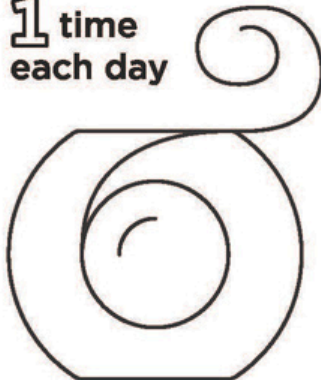
## ① BRUSH

2 times each day for 2 minutes



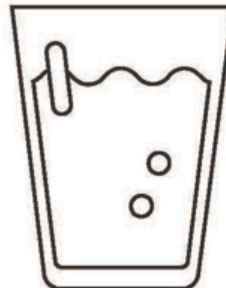
## ② FLOSS

1 time each day



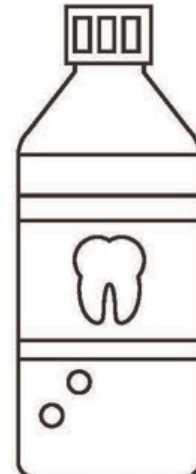
## ③ RINSE

with:



water

or



mouthwash  
(children 6+)

## ④ REPEAT

every day!



Download more fun activities at: [www.AmericasToothFairy.org](http://www.AmericasToothFairy.org)

Learn more about our programs: [www.twentyteeth.org](http://www.twentyteeth.org)