

Children's Dental Health Month



NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Each year throughout National Children's Dental Health Month in February, the American Dental Association promotes a different campaign targeting a new dental health goal.

National Children's Dental Health Month brings together dental health professionals, caregivers, parents, and teachers to give children the best start on oral health. From brushing and flossing to healthy snacks and routine dental visits, the month also includes Give Kids A Smile Day on February 6th.

Tips for Brushing

- Don't skip - Making it a habit requires sticking to the schedule. Even when there is a special occasion or if our child is tired, we need to reinforce the importance of brushing.
- Make it fun - Songs that last 2 minutes will help. Reading to your child while they brush may help, too. Even a puppet brushing his teeth can be motivating.
- Learn by example - Children emulate their parents. Brush with your children and they will want to be just like you.
- Trial and error - Try different kinds of toothpaste until you find the one junior likes. Try using the smallest amount he will allow and working your way up to the recommended amount. Even a tiny amount is better than no toothpaste.
- Don't give up - The pain of cavities and lifelong dental issues is more costly and damaging than dealing with these few moments of nagging battles twice a day.

HOW TO OBSERVE #ChildrensDentalHealthMonth

Celebrate the month with healthy dental habits and healthy teeth!

To find out more about their annual program, visit www.ada.org for campaign resources. Use #ChildrensDentalHealthMonth to share on social media.

NATIONAL CHILDREN'S DENTAL HEALTH MONTH HISTORY

The ADA promotes National Children's Dental Health Month.

Sincerely,

Del Norte Healthcare District Board of Directors
Michael Young
Kevin Caldwell, M.D.
Tonya Pearcey, R.N.
David Mason

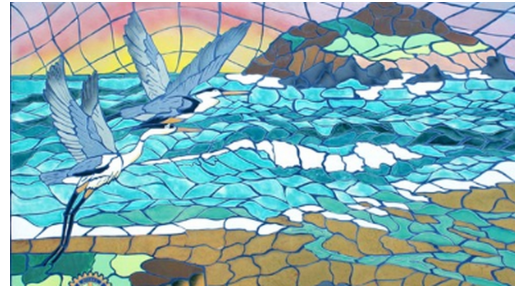
RELATED OBSERVANCES

- National Dental Care Month
- National Smile Day
- World Smile Day
- National Dental Hygiene Month



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

[Unsubscribe gregoryduncan1200@gmail.com](mailto:unsubscribe.gregoryduncan1200@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bydnhcd@delnorthehealth.com powered by



Try email marketing for free today!