

Teaching children good dental health provides a lifetime of benefits!

National Children's Dental Health Month is a great time to make sure your children are up to date on dental exams, brushing their teeth properly and flossing regularly. The American Dental Association recommends children brush their teeth at least twice a day. Nutrition is also an important part of maintaining healthy teeth. Limit your child's consumption of sweet, starchy or sticky snacks and soft drinks, encouraging them to eat raw fruit, vegetables, nuts and unsweetened beverages instead.



NATIONAL CHILDREN'S DENTAL HEALTH MONTH



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