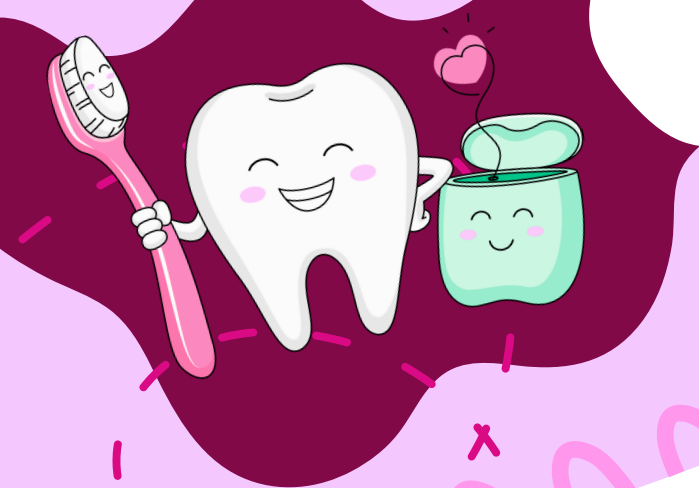


NURSE'S NEWSLETTER



FEBRUARY IS A GREAT TIME TO EMPHASIZE THE IMPORTANCE OF MAINTAINING GOOD ORAL HYGIENE HABITS FOR OUR CHILDREN. ESTABLISHING THESE PRACTICES EARLY CAN LEAD TO A LIFETIME OF HEALTHY SMILES.

5 WAYS TO KEEP CAVITIES AWAY IN 2025!

1. **EMBRACE SUGAR-FREE TREATS:**
 - OPT FOR SUGAR-FREE SNACKS AND GUM TO REDUCE THE RISK OF CAVITIES.
 - THESE ALTERNATIVES DECREASE CAVITIES FAVORITE FOOD SOURCE AND PROTECT TEETH FROM HARMFUL ACID BUILDUP.
 - ENCOURAGE YOUR CHILD TO RINSE WITH WATER AFTER MEALS OR SNACKS.
2. **PRIORITIZE FLUORIDE:**
 - FLUORIDE STRENGTHENS ENAMEL AND HELPS PREVENT CAVITIES.
 - ENSURE YOUR CHILD USES FLUORIDE TOOTH PASTE AND DRINKS FLUORIDATED WATER.
 - CONSULT WITH YOUR PEDIATRIC DENTIST ABOUT ADDITIONAL FLUORIDE TREATMENTS OR SUPPLEMENTS FOR EXTRA PROTECTION.
3. **REPLACE OLD TOOTHBRUSHES:**
 - TO MAINTAIN EFFECTIVE BRUSHING, REPLACE YOUR CHILD'S TOOTHBRUSH EVERY THREE TO FOUR MONTHS, OR SOONER IF THE BRISTLES ARE FRAYED.
 - STARTING THE YEAR WITH A NEW TOOTHBRUSH CAN PROMOTE BETTER ORAL HYGIENE.



FEBRUARY IS
NATIONAL CHILDREN'S
DENTAL HEALTH
MONTH

TODAY'S TOPIC

DENTAL HEALTH

NURSE'S NEWSLETTER

4. **CONSIDER SEALANTS FOR EXTRA PROTECTION:**
- DENTAL SEALANTS CREATE A BARRIER OVER THE GROOVES IN TEETH, PREVENTING DECAY.
 - THEY ARE ESPECIALLY BENEFICIAL FOR MOLARS. DISCUSS THIS PREVENTIVE MEASURE WITH YOUR PEDIATRIC DENTIST DURING YOUR CHILD'S NEXT VISIT.
5. **FOCUS ON REGULAR DENTAL CHECKUPS:**
- SCHEDULE DENTAL APPOINTMENTS EVERY SIX MONTHS.
 - REGULAR CLEANINGS AND EARLY DETECTION OF ISSUES CAN KEEP THE MOUTH MONSTERS AT BAY AND ENSURE YOUR CHILD'S ORAL HEALTH REMAINS OPTIMAL.

FREQUENTLY ASKED QUESTIONS:

- **WHEN SHOULD MY CHILD HAVE THEIR FIRST DENTAL VISIT?**
THE AMERICAN ACADEMY OF PEDIATRIC DENTISTRY RECOMMENDS THAT CHILDREN SEE A PEDIATRIC DENTIST WHEN THE FIRST TOOTH APPEARS, OR NO LATER THAN THEIR FIRST BIRTHDAY.
- **ARE BABY TEETH REALLY THAT IMPORTANT?**
YES, PRIMARY (BABY) TEETH ARE CRUCIAL FOR SPEAKING CLEARLY, CHEWING NATURALLY, AND AIDING IN THE NORMAL DEVELOPMENT OF THE JAWS. THEY ALSO CREATE A PATH FOR PERMANENT TEETH TO FOLLOW WHEN THEY ERUPT.
- **HOW OFTEN SHOULD MY CHILD VISIT THE DENTIST?**
A CHECK-UP EVERY SIX MONTHS IS RECOMMENDED TO PREVENT CAVITIES AND OTHER DENTAL PROBLEMS. HOWEVER, YOUR PEDIATRIC DENTIST CAN PROVIDE GUIDANCE BASED ON YOUR CHILD'S SPECIFIC ORAL HEALTH NEEDS.

