

Fairfax County School Health Promotion February Newsletter Articles

February Energy Train: Healthy Teeth=Smarter You



Newsletter and/or KIT–Very Short

According to the Centers for Disease Control and Prevention (CDC), tooth decay is the most common chronic childhood disease and it is totally preventable. Help your child develop good dental health habits by following these healthy tips:

- Make sure they brush their teeth for 2 minutes at least twice a day: in the morning after breakfast and at night before bed.
- Help them floss their teeth at least once a day, preferably before bed so bacteria doesn't have a chance to grow overnight.
- Visit a dentist twice a year (once every 6 months).
- Avoid sugary snacks and drinks! Drink water or low fat milk instead.
- Offer healthy snacks, such as fruits, veggies, cheese or whole grains instead of snacks high in sugar.
- Wear a mouth guard to protect your teeth during contact sports.

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According to the Centers for Disease Control and Prevention (CDC), tooth decay is the most common chronic childhood disease and it is totally preventable. Did you know that more than 51 million school hours are lost each year in the United States due to dental related illness? Poor oral health, including early tooth loss, gum disease, pain and infection can affect a child's speech development, school performance and lower his or her self-esteem. Children with mouth pain or who have missing teeth may have difficulty chewing, which could prevent your



child from getting the nutrients they need to grow, learn and concentrate in school. Follow these healthy tips to protect your child's smile and keep them healthy:

- Make sure they brush their teeth for 2 minutes at least twice a day: in the morning after breakfast and at night before bed.
- Help them floss their teeth at least once a day, preferably before bed so bacteria doesn't have a chance to grow overnight.
- Visit a dentist twice a year (once every 6 months).
- Avoid sugary snacks and drinks! Drink water or low fat milk instead.
- Offer healthy snacks, such as fruits, veggies, cheese or whole grains instead of snacks high in sugar.
- Wear a mouth guard to protect your teeth during contact sports.

More Info:

<http://www.ncohf.org/resources/tooth-decay-facts>

http://www.cdc.gov/OralHealth/children_adults/child.htm

<http://www.mouthhealthykids.org/en/>

<http://tippingthescales.typepad.com/blog/>

<http://healthyteeth.org/kids/>

http://kidshealth.org/kid/feel_better/people/go_dentist.html#

