

# Children's Dental Health Month

- Start cleaning teeth at an early age following provider or dentist directions
- Use fluoride toothpaste
- Supervise children brushing
- Brush teeth at least twice a day
- If your child is younger than 2 years, do not use fluoride toothpaste unless your provider tells you to
- Clean your child's teeth every day as soon as the first tooth appears by brushing without toothpaste with a small, soft-bristled toothbrush and plain water
- Make sure your child only uses a pea-sized amount of toothpaste and always spits it out rather than swallows it
- Help your child brush until she has good brushing skills

## *Worried About Paying For Your Child's Dentist Appointment?*

Check Out HealthReach Community Health Centers' 2 Dental Clinics:

### **Bingham Area Dental Center**

237 Main Street  
Bingham, Maine 04920  
207-672-3519

### **Strong Area Dental Center**

177 North Main Street  
Strong, Maine 04983  
207-684-3045



**Resources:** <https://www.nidcr.nih.gov/news-events/february-national-childrens-dental-health-month>  
<https://www.cdc.gov/OralHealth/pdfs/BrushUpTips.pdf>  
<https://www.cdc.gov/oralhealth/basics/index.html>

Developed by VISTA member Emily Kovalesky serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.