



# Healthy Smiles!

Duval County Health Dept & Oral Health for  
Children Coalition

## Attention

Volume 1, Issue 1

Dear Parent,

Your child has been learning about how to take care of her or his smile. We have been discussing how eating healthy, tooth brushing, and flossing help prevent cavities and keep our smiles bright.

Children with untreated dental problems

are at risk for developing speech problems and poor eating habits. Help your children keep their beautiful smiles by encouraging good food choices and by helping them brush and floss daily.

You can help teach your child healthy oral

care habits for life by setting a good example. Being a good role model, by eating healthy, brushing twice a day, and flossing once a day, will help your children realize how important it is to take care of our teeth.

### Inside this issue:

Great information on how you can help your children *Grow a Healthy Smile*.

### Don't forget!

**BRUSH YOUR TEETH & USE DENTAL FLOSS EVERYDAY!**

## What is a Dental Home?

- ✂ A "Dental Home" is an oral healthcare location (a specific dentist, dental office, or health department clinic) where you or your children can receive oral health advice, preventive care, and treatment.
- ✂ You should visit your dental home twice a year, or more if needed.

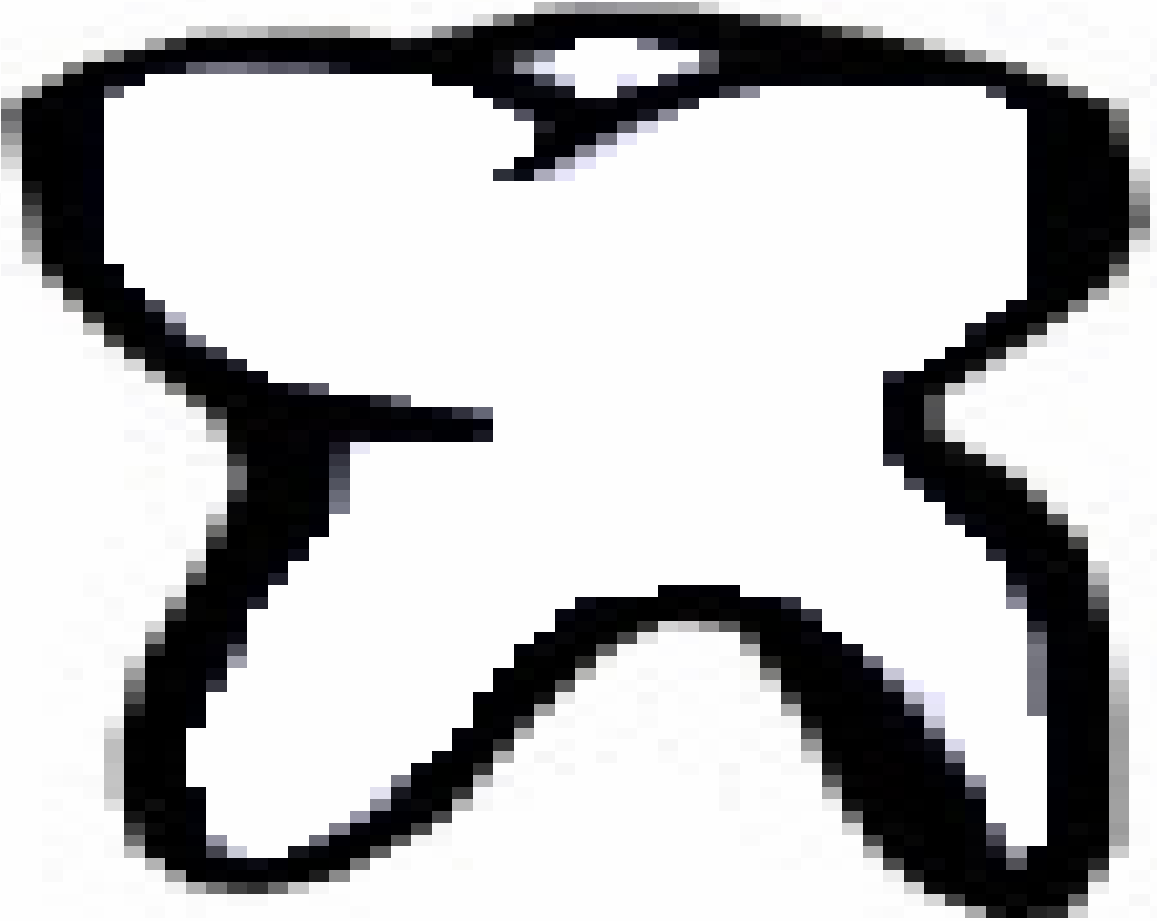
SaverTooth says:



## Why is Oral Health Important?

- ✂ School aged children miss nearly 51 million school hours each year due to dental-related illnesses.
- ✂ Dental caries (tooth decay or cavity/cavities) is the most common chronic disease in children.
- ✂ By the time children are in preschool (ages 2-3), 18.7% (that's nearly 1/5th or 20%) have at least one tooth with *untreated* caries.
- ✂ Early tooth loss caused by tooth decay can lead to failure to thrive, inability to concentrate in school, reduced self-esteem, or impaired speech.
- ✂ Left untreated, tooth decay, which often causes pain, can lead to problems with eating, speech, or learning.

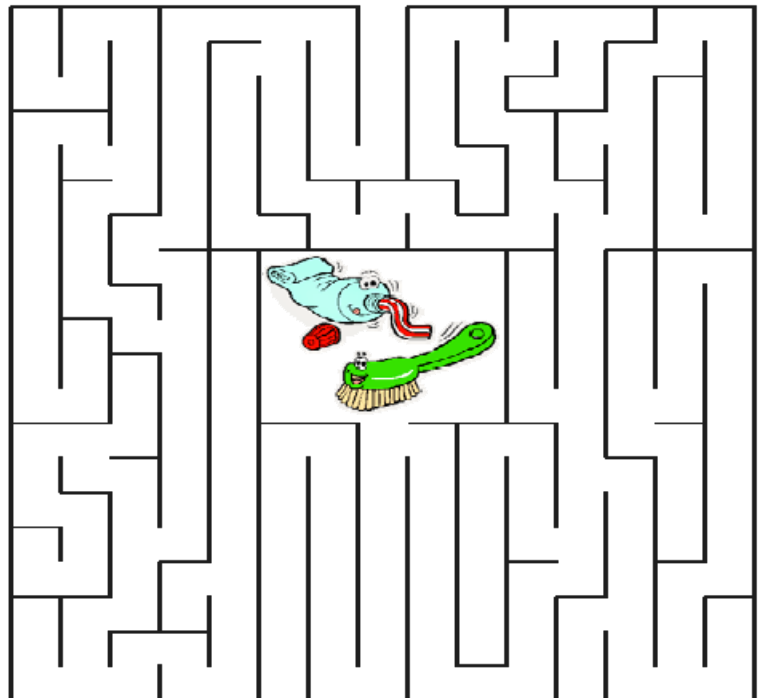
Find the words listed below!



Saver-Tooth Tiger says you should brush your teeth everyday. Can you find your way to the toothbrush and toothpaste?



START



### Don't Forget

You also can help keep your smile bright and beautiful by eating and drinking healthy foods and drinks. You should eat lots of fruits and vegetables and drink plenty of water and milk.