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February is National Children's Dental Health Month

West Chester, PA (February 1, 2019) – Typically the month that celebrates love, history, and heart health, February is also National Children's Dental Health month, sponsored by the American Dental Association (ADA). At Children's Dental Health, our dentists and staff are taking this opportunity to share good oral health habits and raise awareness of the importance of pediatric dental care at an early age.

The ADA's theme this year is, "Brush and clean in between to build a healthy smile!" While daily brushing is an important part of a child's oral hygiene routine, bacteria that cause tooth decay can still linger between teeth where the toothbrush cannot reach. The ADA's slogan reminds children and their parents that it's important to floss for this reason.

Today's parents are often overwhelmed with an abundance of information regarding their child's health, making it difficult to even begin a conversation on oral health. A parent's first step involves establishing a dental home for their child by their first tooth or first birthday. During this time, parents/guardians will have the opportunity to ask questions and address any dental concerns at the primary visit.

In addition, the pediatric dentists at Children's Dental Health recommend the following oral health tips to maintain a healthy smile and effectively prevent children from getting cavities.

- Brush for two minutes, two times a day.
- Don't forget to floss!
- Make regular dental appointments for teeth cleanings and to minimize any damage with early treatment.
- Replace your child's toothbrush every three to four months.
- Eat a tooth-healthy diet (limit sweet and sticky foods).

Children's Dental Health welcomes patients with most forms of insurance, including Medicaid and CHIP programs. Schedule a tour or request an appointment online today by calling 1-(866) KIDS-DENTAL or visiting ChildrensDentalHealth.com.

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Children's Dental Health has been providing quality pediatric dental care to the community for more than 40 years. With more than 20 practices and pediatric dentists located throughout the state of Pennsylvania, we allow for convenient access to dental care that is engaging, fun, and educational for patients. With our "show, tell, do" method, our growing patients actively learn routines to ensure a healthy smile for years to come. Our gentle approach to pediatric dental care reflects our core mission of education and prevention. To learn more visit ChildrensDentalHealth.com or call 1-(866) KIDS-DENTAL.