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## PRESS RELEASE

TO: Marquette County Media

FROM: Rebecca Maino, Health Educator and Dental Hygienist

DATE: 02/01/2018

SUBJECT: National Children's Dental Health Month

Smile! According to the American Dental Association, February is National Children's Dental Health Month. The Marquette County Health Department (MCHD) promotes good dental health throughout the year and would like to remind parents to:

- Brush your teeth and your children's teeth twice a day with a fluoride toothpaste. Children as young as 6-8 years old may still need assistance brushing their teeth.
- Floss once a day.
- Stay away from sticky, sweet treats. Avoid sugary drinks and snacks in between meals. Drink water or chew sugarless gum instead. If you have a sweet treat, it is better to have it with your meal.
- Visit your dentist twice a year. Routine dental check-ups can find dental problems early on and prevent small problems becoming severe, big ones.
- If you or your child plays a sport, use a mouthguard to protect your teeth.

Remember, teeth can last a lifetime with good oral hygiene habits. If you enjoy taking care of your teeth, your child will too. If you have any questions, please visit the MCHD website at [www.mqthealth.org](http://www.mqthealth.org) or call Rebecca Maino at 906-315-2615.