



Childhood Dental Health Month 30 Sec PSA

February is Childhood Dental Health Month, and it's a great time to remind your children about the importance of good oral health.

Brushing and flossing can help eliminate harmful bacteria from your child's mouth. Parents should encourage their children to brush their teeth and floss for two minutes, two times a day and see their pediatric dentist twice a year.

Oral health can offer clues to your overall health, and problems in your mouth can affect other parts of your body. For more information, visit Alabama-Public-Health-dot-gov-slash-oral-health.

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