



## **Childhood Dental Health Month 60 Sec PSA**

February is Childhood Dental Health Month and it's a great time to remind your children about the importance of a healthy mouth.

National reports say that children miss 51 million hours of school each year because of dental issues. This means they are missing critical instruction time. To avoid missing time at school parents should encourage their children to follow the two-two-two rule: 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. Brushing and flossing can help eliminate harmful bacteria from your child's mouth.

Remember the two-two-two rule: brush and floss for two minutes, two times a day and see your child's dentist twice a year.

For more information on Childhood Dental Health Month, visit [Alabama-Public-Health-dot-gov-slash-oral-health](http://Alabama-Public-Health-dot-gov-slash-oral-health). That's [Alabama-Public-Health-dot-gov-slash-oral-health](http://Alabama-Public-Health-dot-gov-slash-oral-health).

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