



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

Childhood Dental Health Month (30)

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

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.

**For more information, contact: Ryan Easterling
Ryan.Easterling@adph.state.al.us / 334-206-3878**