



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. This is Acting State Health Officer Dr. Scott Harris.

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. . Brushing and flossing can help eliminate harmful bacteria from your child's mouth.

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