

February Is Children's Dental Health Month



**Tooth decay can lead to cavities,
which is one of childhood's most common chronic illnesses.**

**Without treatment,
cavities can cause:**

- Eating issues
- Infections
- Pain
- Tooth loss



1 in 10



**2-year-olds
have a cavity.**

1 in 5



**5-year-olds
have had a cavity.**

5 in 10



**8-year-olds have
had a cavity.**

Source: Centers for Disease Control and Prevention

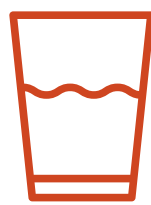
Tooth Decay Is Preventable

To help prevent tooth decay, teach your child good brushing habits:

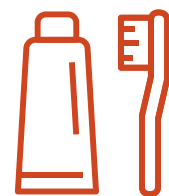
- Brush your child's teeth twice a day—after breakfast and at bedtime.
- Brush your child's teeth for two minutes.
- Use a soft-bristled toothbrush and fluoride toothpaste.
- Children younger than age 3 should use an amount of toothpaste the size of a grain of rice.
- Children 3 years and older should use a pea-sized amount of toothpaste.
- Until your child is at least 6 years old, help or supervise brushing to ensure they get every tooth.



**Take your child to see a
dentist** by the time they're
1 year old or within six
months of their first tooth.



**Skip the sugary drinks
and give your child only
water** to drink between
meals and at bedtime.



Be a good role model and
take care of your teeth to
show your child that oral
health matters.

**Your child's provider can help you determine
the best time to take your child to the dentist.
Find a provider today at weillcornell.org/doctors**