



AMERICA'S PEDIATRIC DENTISTS  
**THE BIG AUTHORITY** on little teeth

February is

# NATIONAL CHILDREN'S DENTAL HEALTH MONTH



This month is a perfect time to highlight the importance of oral health! One of the most powerful tools in preventing cavities and keeping the Mouth Monsters at bay is **fluoride**, a natural mineral that strengthens enamel and helps fight tooth decay.

## HOW YOUR CHILD CAN GET FLUORIDE

### FLUORIDATED WATER

Most tap water has fluoride to help fight cavities

### FLUORIDE TOOTH PASTE

Brush twice a day! ✦  
(Rice-sized for under 3, pea-sized for 3+)

### FLUORIDE TREATMENTS

Your pediatric dentist can apply fluoride for extra protection

### FLUORIDE SUPPLEMENTS

If your water isn't fluoridated, ask your pediatric dentist about supplements