

The Tooth Fairy Times



Public Health Information from The Dental Health Program | Division of Maternal and Child Health | Prince George's County Health Department



Back to School!

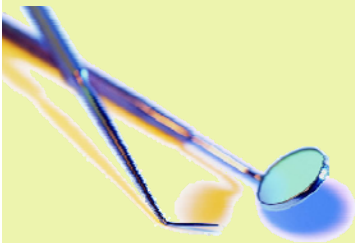
It seems summer never lasts long enough. Back to school is right around the corner and the Tooth Fairy wants to make sure that all children are prepared for a successful school year. Without dental care, many school hours can be lost due to tooth pain and the inability to concentrate.

It is important for all children to have good oral health. Here are some helpful tips.



The Tooth Fairy's 10 Tips for a Healthy, Happy School Year:

1. Practice good dental habits. Your child should brush twice a day for two minutes with a fluoridated toothpaste and floss once a day. Children need brushing supervision until seven to eight years of age.
2. Provide children with healthy snacks as fruits and vegetable. Give them water to drink between meals. Limit sweets and sodas.
3. Ask your children's dentist about the need for fluoride treatment.
4. Ask about dental sealants when your child's permanent teeth come in.
5. Take your child to the dentist for a check-up every six months.
6. Good dental care starts before your child's first birthday and continues throughout your child's life.
7. For younger children who use bottles, never allow them to fall asleep with a bottle of milk, formula, fruit juice, or sweetened drinks.
8. Always keep your scheduled dental appointments.
9. For children participating in contact sports, ask your dentist about a mouth guard.
10. Remember that a healthy smile is an important part of overall good health.



**For a dental appointment for your child,
please call the
Cheverly Dental Clinic at
301-583-5900
TTY/STS Dial 711 for Maryland Relay.**

