



## Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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### For Immediate Release

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### Children's Dental Health Month

The Barry-Eaton District Health Department (BEDHD), in conjunction with My Community Dental Centers (MCDC), and local dentists, reminds you of the importance of oral health. February is National Children's Dental Health Month, which brings an increased focus on the importance of regular dental check-ups and a balanced diet. The theme of this year's campaign *Choose Tap Water for a Sparkling Smile* highlights the value of drinking tap water instead of sugar-sweetened beverages.

Tap water is generally better for kids' teeth than bottled water because it contains fluoride. Simply by drinking water, people can benefit from fluoridation's cavity protection whether they are at home, work or school. You can find the fluoride level of your local public water system by contacting your water utility provider. Consumers can find the name and contact information of the water utility on the water bill. The U.S. Environmental Protection Agency requires that all community water systems provide each customer with an annual report on water quality, including the fluoride content. If you live in one of the states that participate in CDC's My Water's Fluoride program, you can find information on the fluoridation status of your water system online at: <http://bit.ly/2ieFREa>

Along with drinking fluoridated water, The American Dental Association recommends the following for a health smile:

- Brushing your teeth for two minutes, two times per day
- Seeing a dentist every year
- Place only formula, milk, or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice, or soft drinks.
- Infants should finish their bedtime and naptime bottles before going to bed.
- If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey or put it in your mouth before giving it to the child.
- Encourage children to drink from a cup by their first birthday and discourage frequent or prolonged use of sippy cups.
- Serve nutritious snacks and limit sweets to mealtimes.

The Charlotte Dental clinic, operated by My Community Dental Centers on behalf of the Barry-Eaton District Health Department, focuses on serving persons who are enrolled in Medicaid and low-income uninsured. Our clinic is accepting new patients and encourages dental visits by age one. This creates a positive experience and establishes a dental home before problems arise. For more information or to schedule an appointment, please call 1-877-313-6232.

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