

# WHY ORAL HEALTH MATTERS

Poor oral health leads to tooth decay causing pain, infection, and tooth loss. The discomfort of tooth decay makes it difficult for children to eat and sleep well. Oral health problems can prevent children from concentrating in school leading to low grades and/or absenteeism. Taking care of your child's oral health will help them become a healthy adult.



## DID YOU KNOW

Tooth decay is the most common chronic childhood disease. Cavities are five times more common than asthma. According to CDC, more than 42% of children between ages 2 to 11 will have a cavity. Children with poor dental health are three times more likely to miss school.



**DENTAL HEALTH IS AN IMPORTANT PART OF YOUR CHILD'S OVERALL HEALTH**

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## REDUCE THE RISK OF TOOTH DECAY

- ✓ Brush your teeth twice a day in the morning and at bedtime for 2 minutes
- ✓ Use a pea-sized amount of fluoride toothpaste
- ✓ Floss your teeth daily
- ✓ Choose healthy foods and drinks
- ✓ Visit the dentist twice a year
- ✓ Most important, make dental education fun for kids!

## BRUSHING MY TEETH IS HEALTHY & FUN



Use a soft child's toothbrush. Use a pea-sized amount of toothpaste



Brush gently at first, making small circles around each tooth



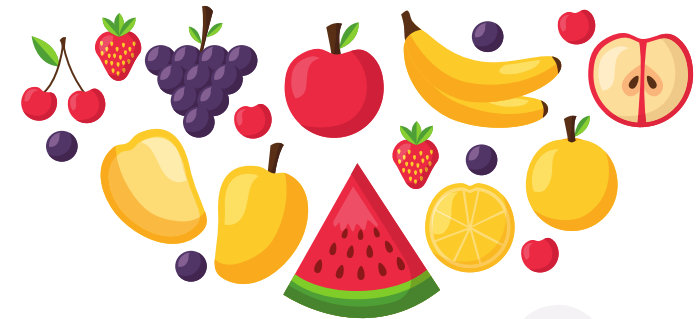
Brush the inside, outside, and top surfaces of each tooth



Brush for 2 minutes, 2 times per day



## HEALTHY FOOD



### ABOUT FOOD

Choose healthy foods for healthy teeth! Such as fresh fruits, vegetables, dairy, and unsweetened beverages like water

