



National Children's Dental Health Month (February)

5210 Introduction

National Children's Dental Health Month (NCDHM) is observed every February around the world. Children, from infants to toddlers to teenagers, must be taught the importance of good oral health, and the techniques to achieve it. This helps ensure a solid base for them to build a lifetime of strong dental health on. Check out the challenges below to start teaching your children the importance of dental hygiene!

#NCDHM
#dentalhealth
#5210HMC



Post to Social Media

Just copy, paste and post!



February is National Children's Dental Health Month! This is a perfect time to start scheduling your child's next dentist appointment. Most younger children do have a hard time brushing and flossing their own teeth. Check out Floss the Cartoon activity to help guide your little on how to remove plaque the right way <https://bit.ly/2R9cUur>. To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Did you know that you're supposed to replace your toothbrushes every 3 to 4 months? National Children's Dental Health Month is the ideal time to toss out old toothbrushes and grab some new ones. Use <https://bit.ly/2q8zZlw> to show children what happens to their teeth overtime if they don't brush and floss everyday.
#5210HMC #NCDHM #dentalhealth

Choose a Challenge

Swat the Sugars!

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Swat-the-Sugars-hmc-1.pdf>

Two Toothy Eggsperiments

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Two-Toothy-Eggsperiments-hmc-1.pdf>

Floss the Carton

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Floss-The-Carton-hmc-1.pdf>

Dental Health Activities

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Dental-Health-Activites-hmc-1.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS