

# Special Bulletin

For professional providers

January 31, 2023

## February is National Children's Dental Health Month

The American Dental Association's (ADA) theme for National Children's Dental Health Month (NCDHM) 2023 is: *Brush, Floss, Smile*.

The ADA recommends the following Healthy Smile tips:

- Brush your teeth two times a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat healthy foods and limit sugary beverages.
- See your dentist at least twice a year.

The American Academy of Pediatrics (AAP) Bright Futures recommends referring children to a dentist for oral health assessment as early as 6 months, after the first tooth erupts, and no later than 12 months of age.

During the appointment, the dentist will discuss pacifiers and thumb sucking for young children, and for adolescents, if needed, a referral to an orthodontist or periodontist for abnormal development of teeth or damage due to periodontal disease.

Maintaining good oral health is paramount to achieving good overall health.

### Additional Resources

- [Bright Futures Oral Health Tip Sheet](#)
- [ADA's National Children's Dental Health Month Resources](#)

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