

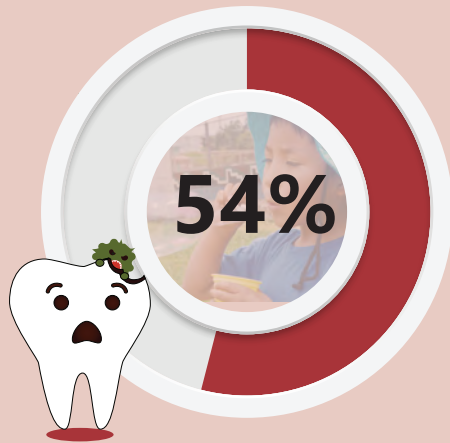


Protecting the Smiles of our Indigenous Children

Piirátš Abinoojiinh Wakaáheoœa Daka Wakǎngheža Children



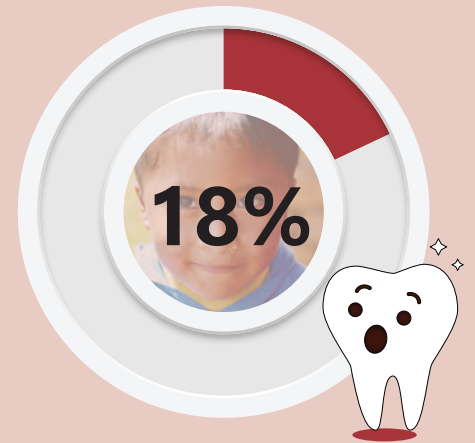
It is important to take care of your children's teeth when they are very young. This will encourage good oral health habits and decrease the number of children who enter kindergarten with dental problems in North Dakota. In 2019, North Dakotan Kindergartners who were American Indian or Alaska Native (AI/AN) reported high rates of cavities and need for urgent dental care.



54% of AI/AN kindergartners had cavities in more than 7 teeth.



89% of AI/AN kindergartners drink pop daily.



18% of AI/AN kindergartners needed urgent dental care.

Taking Care of Teeth Before Age 5



Schedule regular dental visits after the first tooth comes in. Visits should be scheduled at least once a year, and ideally, once every six months.



Ask your healthcare provider or dental provider about fluoride varnish. Fluoride varnish is a clear gel put on the teeth of children as young as 6 months old to prevent decay.



Brush teeth using only a pea-size amount of toothpaste, and be sure the toothpaste has fluoride.



Limit sugary drinks (chocolate milk, soda, sport drinks, and fruit juices). If children do have sugary drinks, they should drink them in one sitting and never be given it in a baby bottle.



Brush your child's teeth two times a day, but most importantly, before bed! Do not give them another snack after they have brushed their teeth for the night.