Promoting Healthy Smiles in Grades K-5

Developing good dental care practices at a

young age promotes healthy habits throughout life.

IN NORTH DAKOTA

-92-	68% of 3rd Grade Students (2018)	Had cavities (treated or
	70% of Kindergartners (2019)	untreated decay)
	23% of 3rd Grade Students (2018)	Needed dental care (urgent or
	47% of Kindergartners (2019)	early treatment)

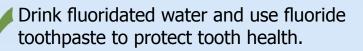
Things To Do

Brush your teeth twice a day, two minutes each time.



See a dentist for dental cleanings and exams every six months.

Floss daily after brushing your teeth.



Eat fruits, vegetables, and nuts to help maintain dental health.

Ask your dentist about fluoride varnish and dental sealants to prevent decay.

Things NOT to Do

- Regularly drink sugary drinks (such as apple juice, chocolate milk, sports drinks, or soda).
 - Force baby teeth out. If teeth are difficult to wiggle, they are not ready to come out.
- Frequently eat chewy candies such as caramel or gummies. DO brush after eating these candies. They will rot tooth enamel if left stuck to your teeth.
 - Let children brush their teeth unassisted before age 8. Continue to supervise children under this age to be sure they are brushing correctly and using the correct amount of toothpaste.

Wait for dental pain or a dental concern before seeing a dentist.

Adolescent Tracking.pdf





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