

# North Dakota Oral Health: Pre-Kindergarten

## Did You Know?

- Tooth decay is the most common chronic childhood disease.
- Tooth decay is five times more common in young children than asthma.
- Tooth decay is the primary reason children are brought to the emergency room.

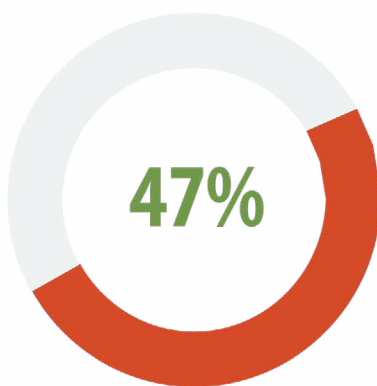
**Good dental care habits can help reduce the number of children in North Dakota who have decay experience by the time they enter kindergarten.**

All North Dakota Kindergartners

Kindergartners in North Dakota who are American Indian/Alaska Native



**DECAY EXPERIENCE**  
this includes treated and untreated decay



**TREATMENT NEED**  
need for early or urgent dental care



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Schedule regular dental visits after the first tooth erupts and by the first birthday. Visits should occur at least once a year and ideally every six months.



Brush your child's teeth for them until age 8. Use fluoridated toothpaste. Be sure to brush before bed and do not eat a snack after bedtime brushing.



Ask your primary care or dental provider about fluoride varnish. Fluoride varnish is a clear gel applied to teeth for children as young as 6 months old to prevent decay.



Limit sugary drinks. This includes chocolate milk, sports drinks, and juices like apple and orange. When offering a sugary drink, provide it in one sitting and do not sip throughout the day.