

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.

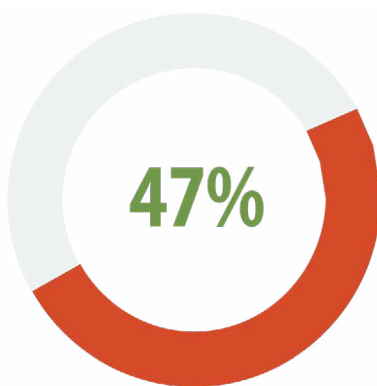
Good dental care habits can help reduce the number of children in North Dakota who have decay experience by the time they enter kindergarten.

All North Dakota Kindergartners

Kindergartners in North Dakota who are American Indian/Alaska Native



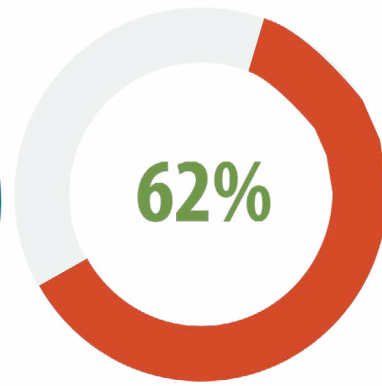
DECAY EXPERIENCE
this includes treated and untreated decay



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.