

# FOCUS ON GOOD ORAL HEALTH HABITS



## LEARN MORE

### Is My Child at Risk for Cavities?

Try out this simple quiz to see if your child is at risk for getting cavities.

A "yes" answer to any of these questions can put your child at greater risk for cavities.

Y N

- Has your child ever had a cavity?
- Has a daily caregiver or someone who lives in the same house as the child had a cavity in the past two years?
- Does your child share toothbrushes with other family members?
- Does your child go to bed with a bottle containing any liquid other than water?
- Does your child regularly use a sippy cup containing any liquid other than water?
- Does your child snack regularly on foods containing sugar and white flour?

What change can you make to lower the risk of your child getting cavities?

A "yes" answer to any of these questions will help protect your child from cavities.

Y N

- Does your child drink water daily that contains fluoride\*?
- Are your child's teeth brushed by an adult before bedtime?
- Does the toothpaste you use for your child contain fluoride?
- Has your child been seen by a dental professional?

What change can you make to protect your child from cavities?

## OFFER WATER

### The Benefits of Water

- Water washes out leftover food, residue and cavity-causing bacteria that wears away enamel. Water cleans the mouth with every sip.
- Reserve drinks such as juice and soda for an occasional treat.
- Tap water, containing fluoride, protects teeth from cavities\*.
- Carry a refillable water bottle for easy access and add healthy fruit, such as lemons and berries, to water for flavoring.
- To prevent dehydration, it is best to not only drink water throughout each day, but also eat raw vegetables and fruits, which are also valuable sources of water.
- Tap water is free, readily available and sugar-free.

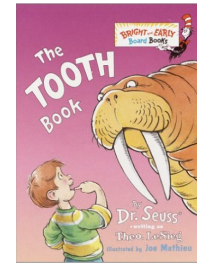
\* Go to [www.fluoridekansas.org](http://www.fluoridekansas.org) to find out if your public water supply has fluoride.



## READ A BOOK TO A CHILD

### Children's Book Review

Books can help families and early childhood educators teach children to care for their teeth. *The Tooth Book*, by Dr. Seuss, is a Bright and Early board book. The rhyming verses are fun for adults and beginning readers to read aloud and serve as a delightful introduction to a focus on teeth. This book is so fun - read it every day until the children have it memorized!



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