

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.

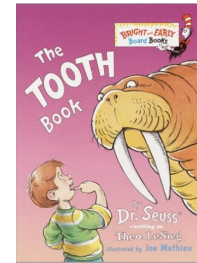
* Go to www.fluoridekansas.org to find out if your public water supply has fluoride.



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!



Contributed by Alice Eberhart-Wright, Family and Early Childhood Specialist.



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