

Quality Care For Kids Newsletter

February 2025 | February is National Children's Dental Health Month

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Babies usually get their first tooth by the time they are 6 months old. It's important to practice healthy dental habits as early as possible to prevent tooth decay. Tooth decay is the number one chronic childhood disease in the U.S. which can cause difficulty with eating, sleeping, and speaking. It can also affect a child's ability to do well in school. Good oral care habits and routine dental visits can help prevent tooth decay. Encouraging tooth brushing in child care programs helps promote oral health and teaches children a lifelong habit.

Milk, water, cheese and yogurt are all good for your teeth and can even help prevent cavities!

Three things are needed for tooth decay to occur:



A tooth



Carbohydrates



Bacteria (germs)



Healthy Habits

- Brush your child's teeth using a soft bristled toothbrush and fluoride toothpaste at least **TWICE A DAY**, once in the morning and once at night.
- The most important time to brush your child's teeth is **RIGHT BEFORE BEDTIME**
- After brushing at bedtime do not eat or drink anything except water.
- Children should have a dental visit by their **FIRST BIRTHDAY** and every 6 months to help keep their mouth and teeth healthy.

Use this 6-minute video to begin a daily toothbrushing program.

<https://headstart.gov/video/steps-toothbrushing-table?redirect=eclkc>



I-Smile

Dental hygienists with I-Smile provide dental screenings, apply fluoride, and provide education for children at preschools, Head Start, child care sites, and in schools.

Find your I-Smile Coordinator

<https://hhs.iowa.gov/media/14264/download?inline=>



Scan the QR code to find your local CCNC or visit online at

<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



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