

Sinclairville Elementary Health Office

News and Alerts

February is Children's Dental Health Month

February 1 2023



What does it look like?

Dental care is a building block of physical and mental health. When children's teeth hurt or they lose a tooth prematurely, they may not be able to eat well, preventing them from having the nutrition they need to grow. It also affects their ability to speak, eat, and smile, and they may be bullied as a result.

What are some tips to help?

The sooner kids start to see the dentist the healthier their mouths will stay throughout their lives. Early check ups prevent cavities and tooth decay.

The American Academy of pediatric dentistry recommends that you see a dentist after the first tooth appears or age one. Also recommending a dental visit every 6 months.

Brush your teeth at least twice a day with a fluoride toothpaste.

Kids who suffer from poor oral health are 3 times more likely to be absent from school.

More Information

52% Children 6-8 years of age have had a cavity

40% have had tooth decay prior to reaching kindergarten

THANK YOU TO OUR PTA FOR PROVIDING TOOTHBRUSHES AND TOOTHPASTE FOR EVERY CHILD AT SES.

Be on the lookout for future newsletters on CVCS website and facebook page.

**Brought to you by:
Cougars Care About Health (wellness team)**

Samantha Smith RT (R), RN
Elementary School Nurse
Jacqueleen Anderson LPN
Elementary School Nurse

