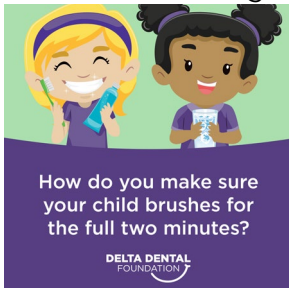


## Show Your Support for National Children’s Dental Health Month

February is National Children’s Dental Health Month (NCDHM), a celebration that brings together advocates, oral health providers and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. This year’s theme is “Sealants Make Sense.” Below, you’ll find sample social media posts and graphics optimized for Facebook, Twitter and Instagram. Questions? Contact [Jen Anderson](#).

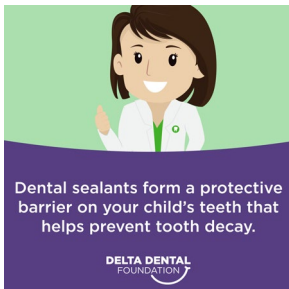
### Oral Health Posts

*Facebook and Instagram*



Brushing for two minutes, twice a day with a fluoridated toothpaste is the best way to prevent cavities, but two minutes can seem like a long time! How do you make sure your child brushes for the full two minutes? Fun videos and music can help!

<https://wkar.pbslearningmedia.org/resource/bf7f5f1b-d473-4502-8553-8e9dd58f5889/brusha-brusha-daniel-tigers-neighborhood/>



Ask your dentist about sealants! Dental sealants form a protective barrier on your child’s teeth that helps prevent tooth decay, protecting your child’s teeth and saving money.



The excess sugar in soda pop, juice, sweetened teas and coffee drinks, and sports drinks can cause tooth decay. Encourage your kids to rethink their drinks and choose water over sugary beverages.



Good oral health starts early! All children should have their first dental visit by age 1. Starting young helps normalize trips to the dentist, reduces anxiety and gives parents and caregivers an opportunity to learn more about good oral health.

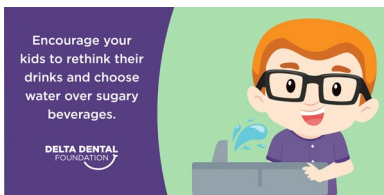
*Twitter*



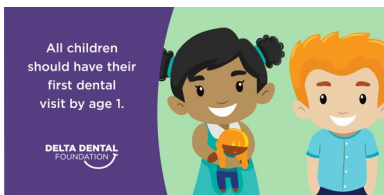
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Ask your dentist about #sealants! Dental sealants form a protective barrier on your child's teeth that helps prevent #ToothDecay, protecting your child's teeth and saving money. #NCDHM



The excess sugar in soda pop, juice, sweetened teas and coffee drinks, and sports drinks can cause tooth decay. Encourage your kids to rethink their drinks and choose water over sugary beverages. #NCDHM #RethinkYourDrink



Good #OralHealth starts early! All children should have their first #dental visit by age 1. Starting young helps normalize trips to the #dentist, reduces anxiety and gives parents and caregivers an opportunity to learn more about good oral health. #NCDHM

**National Tooth Fairy Day (February 28)**

*Facebook and Instagram*



It's National Tooth Fairy Day! You can use the Tooth Fairy to educate your kids about good oral health habits. The next time your child loses a tooth, use this oral health information to talk about keeping their teeth healthy: <https://www.deltadental.com/us/en/tooth-fairy/oral-health.html>

*Twitter*



It's National #ToothFairy Day! You can use the Tooth Fairy to educate your kids about good #OralHealth habits. The next time your child loses a tooth, use this information to talk about keeping their teeth healthy: <https://www.deltadental.com/us/en/tooth-fairy/oral-health.html>. #NCDHM



## **Drool to School**

*Facebook and Instagram*

- Did you know children miss 51 million hours of school each year because of dental issues? It's important to know that, as children grow, their dental needs will change. Watch "From Drool to School" to learn more. <https://youtu.be/lzxLin7lRoo>

*Twitter*

- #DYK kids miss 51 million hours of school each year because of #dental issues? As children grow, their dental needs will change—and they're counting on you to keep up. Watch "From Drool to School" to learn more. <https://youtu.be/lzxLin7lRoo> #NCDHM

## **I Need My Teeth**

*Facebook*

- Baby teeth are important! They help children chew, speak and smile, and they hold space in the jaw for permanent teeth. Learn more with Matthew and Dr. Pearly in the first installment of "I Need My Teeth." <https://youtu.be/WH6U1H6Lfal>
- Cavities can cause significant pain, making it hard to eat, speak or focus in school. In the second episode of "I Need My Teeth," Matthew learns more about the structure of his teeth—and how cavities can form. <https://youtu.be/3qzhtXDn7hU>
- Good oral health and nutrition can help prepare children for success in school. In the third episode of "I Need My Teeth," Matthew struggles through the school day with tooth pain—and learns about preventing cavities. <https://youtu.be/iEalA86sfV4>
- If your child is experiencing tooth pain, it's important to address it quickly. In the fourth episode of "I Need My Teeth," Matthew tells his mom about his tooth pain so she can make an appointment with Dr. Pearly. [https://youtu.be/BO\\_BldHXcy8](https://youtu.be/BO_BldHXcy8)
- Treating tooth decay doesn't have to be scary! In the last episode of "I Need My Teeth," Matthew visits Dr. Pearly to get his cavity fixed and learns how fillings work. <https://youtu.be/voGkLIF3a1c>

*Twitter*

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