



## 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. Click the pictures below to download images optimized for Facebook, X 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!



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



The 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 the connection between oral and overall health.



X



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



Ask your dentist about #sealants! Dental sealants form a barrier on your child's teeth that helps prevent #ToothDecay. #NCDHM



The 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 visit the dentist by age 1. Starting young helps normalize trips to the dentist, reduces anxiety and gives parents and caregivers an opportunity to learn more about the connection between oral and overall health. #NCDHM

## National Tooth Fairy Day (February 28)

Facebook and Instagram



It's National Tooth Fairy Day! The Tooth Fairy can teach 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>



It's National #ToothFairy Day! The Tooth Fairy can teach 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



## I Need My Teeth (Video Series)

Each video in the "I Need My Teeth" series, created by [McMillen Health](#), follows Matthew, a boy with a toothache, as he learns more about why taking care of his teeth is so important. You can use the sample social media posts below to share the YouTube videos.

### Facebook

- Baby teeth 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/WH6U1H6LfaI>
- Cavities can really hurt, making it hard to eat, speak or focus at school. In the second episode of "I Need My Teeth," Matthew learns more about the structure of his teeth and how cavities 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/iEaIA86sfV4>
- 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>

### X

- Baby teeth 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 #INeedMyTeeth. [#NCDHM](https://youtu.be/WH6U1H6LfaI)
- Cavities can really hurt, making it hard to eat, speak or focus at school. In the second episode of #INeedMyTeeth, Matthew learns more about the structure of his teeth and how #cavities form. [#NCDHM](https://youtu.be/3qzhtXDn7hU)
- Good #OralHealth and nutrition can help prepare children for success in school. In the third episode of #INeedMyTeeth, Matthew struggles through the school day with tooth pain and learns about preventing cavities. [#NCDHM](https://youtu.be/iEaIA86sfV4)
- If your child is experiencing #tooth pain, it's important to address it quickly. In the fourth episode of #INeedMyTeeth, Matthew tells his mom about his tooth pain so she can make an appointment with Dr. Pearly. [#NCDHM](https://youtu.be/BO_BldHXcy8)
- Treating #ToothDecay doesn't have to be scary! In the last episode of #INeedMyTeeth, Matthew visits Dr. Pearly to get his #cavity fixed and learns how fillings work. [#NCDHM](https://youtu.be/voGkLIF3a1c)