

**TAKE CARE**

# of Your Child's Teeth



**TRY THIS**

*together!*

Kids should brush their teeth for two minutes. Make it fun and brush along to a two-minute song!

**TOOTHACHE IS ONE OF THE TOP FIVE REASONS CHILDREN VISIT THE SCHOOL NURSE, ACCORDING TO LOCAL EXPERTS.**

“CAN YOU IMAGINE SITTING IN A CLASSROOM AND HAVING TO FOCUS WITH A BAD TOOTHACHE? IF STUDENTS DO NOT FEEL WELL, THEY ARE NOT GOING TO DO THEIR BEST.”

—CINDY PARSONS, SCHOOL NURSE ADMINISTRATOR WITH KELLER INDEPENDENT SCHOOL DISTRICT

**TWO-THIRDS OF THIRD** graders in Texas have cavities. Cavities and toothache can make it hard to focus. Cavities also require treatment that take children out of school. Instead of being in class learning, the child misses school time to have dental work done. Parents can help make sure their children's teeth stay cavity-free.

“Dental health is an important part of overall health,” said Cindy Parsons, school nurse administrator with Keller Independent School District. “It can affect a child's school performance and well-being.”

Because dental health is so important, children need to take care of their baby teeth. Baby teeth are just as important as adult teeth. They show the adult teeth where to grow and help children speak clearly and chew food.

Tonya Fuqua, DDS, dentist and director of Child Oral Health at Cook Children's, said that dentist visits are important. Children should have their first dentist appointment by age 1 or before if there are any concerns.

“A TOOTHACHE CAN AFFECT A CHILD'S OVERALL HEALTH AND WELL-BEING. THEY MAY FEEL TIRED OR CRANKY. THEY MAY NOT BE ABLE TO EAT, DRINK OR FOCUS AT SCHOOL. IT'S IMPORTANT FOR A CHILD TO BE ACTIVE AND HEALTHY TO DO WELL IN SCHOOL. THEY CAN'T DO EITHER IF THEY HAVE A TOOTHACHE.”

—TONYA FUQUA, DDS

“CAVITIES AND DENTAL DISEASE CAN BE PREVENTED. MAKE SURE TO FOLLOW THE RULES OF TWO: BRUSH TEETH TWO TIMES A DAY FOR TWO MINUTES, AND VISIT A DENTIST TWO TIMES A YEAR.”

—TONYA FUQUA, DDS

**FOR HEALTHY TEETH, TELL YOUR CHILDREN TO:**



Brush their teeth twice a day.



Use a toothpaste with fluoride.



Do not eat or drink things with a lot of sugar.

For more information, visit [healthysmilesforkids.org](http://healthysmilesforkids.org).