altus dental™

National Children's Dental Health Month

February is National Children's Dental Health Month – it's never too early to encourage good oral health in your family.

- After age one (or the first tooth) kids should visit the dentist regularly to make sure their teeth remain healthy and strong.

- Fluoride and sealant treatments can help protect children from developing tooth decay and help strengthen enamel. Make sure to ask your dentist about these important preventive measures during your next visit.

- Children should brush their teeth for two minutes, two times a day. Make it a family activity to develop good oral health habits early and to keep those smiles healthy.

Learn more oral health tips at altusdental.com.