

FOR IMMEDIATE RELEASE

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It's never too early to start preventing tooth decay!
February is National Children's Dental Health Month

Eau Claire, WI – February 29th, 2016- *Did you know that tooth decay is one of the most common chronic disease for children in the country?* Eau Claire Healthy Communities Oral Health Promotion Action Team has recognized this important health issue in our community and is committed to provide education on the importance of developing good habits at a young age, such as having regular dental visits, to help children to have lifelong healthy teeth and gums.

According to the 2010 Burden of Oral Disease in Wisconsin, 35% of children aged 2-4 years, and 55% of children aged 6-8 years have had tooth decay (treated and untreated). Tooth decay, if left untreated even in the earliest stages of life, can have a serious impact on a child's health-- causing problems that often last into adulthood and affecting kids' ability to sleep, speak, learn and grow into happy and healthy adults. "We know that tooth decay continues to be a problem for children in our community. The good news is that it can be prevented." says Linda Bohacek, Co-Chair of the Eau Claire Healthy Communities Oral Health Promotion Action Team.

To prevent tooth decay, the American Dental Association recommends to brush:

- ✓ As soon as teeth appear
- ✓ 2 times a day
- ✓ With fluoride toothpaste

Parents often wonder how much toothpaste their child actually needs. The images on the right show the recommended toothpaste amount for children by age.

In addition to brushing teeth at an early age, the Oral Health Promotion action team also encourages families to have their children visit a pediatric dentist by their first birthday to establish a 'dental home'. Dental providers check for tooth decay and can give additional tips and information about how to prevent tooth decay so our children can have a healthy mouth and smile for decades to come.



To find a list of dentists that see children before the age of 1 for a dental visit, please visit Eau Claire Healthy Communities, visit and click on the Oral Health Promotion Action Team: www.ehealthycommunities.org.