



I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.

# February is National Children's Dental Health Month



## The Importance of Early Oral Health

Developing good oral hygiene habits at an early age is essential for preventing tooth decay and establishing a foundation for a lifetime of healthy teeth and gums. The ADA emphasizes that instilling habits early and scheduling regular dental visits help children get a good start on maintaining oral health.

### Tips for Parents and Caregivers

- ❑ **Start Early:** Begin cleaning your baby's gums with a soft, damp cloth even before teeth emerge. Once the first tooth appears, use a small, soft-bristled toothbrush with a smear of fluoride toothpaste to gently clean the teeth.
- ❑ **Establish Routine Dental Visits:** Schedule your child's first dental visit by their first birthday. Regular check-ups allow for early detection of potential issues and provide guidance on proper oral care.
- ❑ **Promote Healthy Eating Habits:** Limit sugary snacks and drinks, as they contribute to tooth decay. Encourage a balanced diet rich in fruits, vegetables, and whole grains.

**Call to book an appointment:**  
**205-588-5234**



The Jefferson County Department of Health has dental clinics in three locations throughout Jefferson County to improve the overall health of the county's underserved individuals through increased access to oral health services. The JCDH Dental Clinics are **currently accepting new patients under the age of 21 and pregnant adult women with Medicaid dental coverage.**

It is recommended that children have their first dental visit by their first birthday. To be eligible for treatment in the dental clinics, clients must be a resident of Jefferson County and provide the following:

- **proof of identity**
- **proof of residency**
- **proof of household income, or proof of Medicaid or ALL Kids dental insurance**

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