

Children's Dental Health Month



Jasper Wellness Newsletter
February 2018

February is National Children's Dental Health Month!

National Children's Dental Health observances began with a one-day event in Cleveland, Ohio and a one-week event in Akron, Ohio during February 1941.

Attitudes and habits established at an early age are essential in maintaining good oral health throughout life. By participating in the annual celebration of National Children's Dental Health Month, members of the dental team, parents, teachers and others can help keep children's smiles beautiful now and for years to come.

As educators, why should we care about our students' teeth and oral health?

- Dental pain makes it hard to concentrate in class
- Pain can cause behavioral problems at school
- Lots of missed days from school/class
- Dental decay can cause self-esteem issues with youth/adolescents
- Trouble eating
- More frequent visits to the nurse

Dental Health Facts.....Did you know???

Tooth Decay – the Most Common Childhood Disease

- Type 2 diabetes, asthma and obesity are all fairly common childhood conditions, but tooth decay tops them all as the most prevalent, according to the **American Academy of Pediatric Dentistry (AAPD)**. Twenty times more common than diabetes and five times more common

than childhood asthma, tooth decay (dental cavities) should be an important focus of your attention as you look to maintain your children's health.

Cavities Often Go Untreated

- A report by the CDC revealed that 19 percent of adolescents aged 2 to 19 have untreated dental caries; and 42 percent of children aged 2 to 11 have had caries in their primary teeth, according to the **National Institute of Dental and Craniofacial Research**. Pain makes it hard for students to concentrate in school. The sooner a cavity is detected; the less damage it does to the teeth.

Education and early intervention are key to good oral health for children! Try to encourage parents and students to brush at least twice daily, use floss regularly, get checkups at the dentist every 6 months, and eat well to help prevent decay. Don't forget, the Jasper School Based Health Clinic has dental services two days a week – right at school!

For some interesting and fun activities for teachers, parents, and students, visit the following links:

<http://www.nea.org/grants/National-Childrens-Dental-Health-Month.htm>