

COUNTY OF SAN DIEGO ORAL HEALTH PROGRAM  
**SOCIAL MEDIA MESSAGES**  
**National Children's Dental Health Month**  
February 2024

These social media messages are designed for coalitions, groups, individuals, and other stakeholders to use in their educational efforts during the month of February 2024. Partners may also use them to craft content for other communications, including websites, e-mails, and newsletters.

**February is Children's Dental Health Month!**

This month reminds us about the importance of maintaining good oral hygiene, always. Daily brushing, flossing, drinking fluoridated water, and seeing a dentist regularly helps us keep our teeth and mouth healthy.

[rb.gy/7lycs](https://rb.gy/7lycs)



**A Great Start with a Healthier Smile**

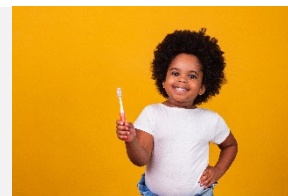
It is time to smile! Take care of your smile by practicing good dental hygiene habits daily, eating well, and taking care of dental problems right away. Regular dental visits help you keep a healthy smile!

<https://bit.ly/3SSrKFS>



**Healthy Smiles, Beautiful Kids!**

Take care of your smile by visiting the dentist and practicing good habits. Keeping your teeth healthy is one of the best things you can do for your overall health. [rb.gy/yjllp](https://rb.gy/yjllp)



**Baby Teeth Matter!**

Baby teeth are important to chew, smile, and speak. Brush twice a day with fluoride toothpaste and floss daily if two teeth are touching. Avoid putting baby to bed with a bottle and visit a dentist at first tooth or first birthday. <https://bit.ly/3fSoSu0>



**Keep A Good Oral Health Routine at Home**

You can encourage good oral health habits at home by helping or brushing with young children regularly. To keep healthy teeth, use fluoride toothpaste, limit sugary foods and drinks, and visit the dentist. <https://bit.ly/3RYVkb1>



**Water Fluoridation Saves Money and Teeth!**

Bacteria in the mouth produce acid due to sugary foods and this acid creates cavities. Drinking tap water with fluoride rebuilds the surface of the tooth. Check if your water has fluoride by visiting:

<https://rb.gy/ho099>

