

COUNTY OF SAN DIEGO ORAL HEALTH PROGRAM
ORAL HEALTH MESSAGES
National Children's Dental Health Month
February 2025

These social media messages are designed for coalitions, groups, individuals, and other stakeholders to use in their educational efforts during the month of February 2025. Partners may also use them to craft content for other communications, including websites, e-mails, and newsletters.

February is National Children's Dental Health Month!

Remember to brush twice a day, floss daily, eat healthy less sugary food, and visit your dentist regularly. rb.gy/7lycs



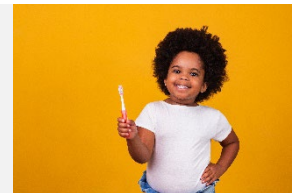
A Great Start with a Healthier Smile

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



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/3RYVkbI>

