Dental defenders

National Children’s Dental Health Month
Empowering kids to be dental hygiene heroes
Tips for a dental hygiene hero

Get a yearly dental exam to spot signs diabetes early.

About 40% of children who have type 2 diabetes have no signs or symptoms. A yearly dentist visit can help detect diabetes early.¹

Take care of your teeth to keep your mouth healthy.

Children ages 6 to 11 years without sealants have almost three times more first-molar cavities than children with sealants.³

Brush twice a day to shield yourself from tooth decay.

Nearly 40% of children ages 3 – 15 years don’t brush their teeth twice a day.³

Eat healthy, low-sugar foods to defend against tooth decay.

Tooth decay is the most common chronic disease among children ages 6 – 19.⁵

Go to the dentist to avoid cavities.

43% of kids in the U.S. between the ages of 2 and 11 have had cavities in their primary teeth.¹


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