

February is Children's Dental Health Month!

Did you know?



Drinking tap water is a great way to keep teeth healthy. Encourage your child to drink tap water instead of bottled water to benefit from fluoride!

Dental health tips:

- Take your child to the dentist by age 1.
- Brush or wipe teeth after every meal, even after breast feeding.
- Lift the lip to look for dental decay.
- Make sure your child doesn't go to bed with bottles of milk or juice.
- Parents, be sure to see your own dentist regularly!



Why drink tap water?

Tap water contains **fluoride** – a mineral that prevents tooth decay and promotes oral health. Studies show that **water fluoridation reduces tooth decay by about 25%** over a person's lifetime!

In 2011, Massachusetts received a Water Fluoridation Quality Award from the Centers for Disease Control and Prevention (CDC). Learn more about tap water in Cambridge at www.cambridgema.gov/cwd/

“Fluoridation is the single most important commitment that a community can make to the oral health of its citizens.”

C. Everett Koop, MD
Former U.S. Surgeon General