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!

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!

February is Children’s Dental Health Month!
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/](http://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