

## **February: National Children's Dental Health Month**

February is National Children's Dental Health Month (NCDHM), and the American Dental Association (ADA) sponsors programs across the country with the mission to develop positive dental habits starting at an early age. The ADA also encourages dentists, members of a dental team, teachers and parents to advocate the same message to children in their community.

For the 29<sup>th</sup> consecutive year, Dr. Dautel participated in NCDHM by leading a preventative dental health presentation for the third grade class at Okte Elementary School. During this presentation, Dr. Dautel explained how plaque develops on your teeth, and how brushing and flossing helps prevent plaque buildup and tooth decay. He also stressed the importance of eating nutritious foods for both dental and overall health and seeing the dentists regularly for a cleaning and examination. That being said, have you been to the dentist for a check-up recently?