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February is National Children's Dental Health Month

February is National Children's Dental Health Month. If you have a baby, toddler, or young child you may have questions about plaque control, dental sealants, the use of fluoride, or basic oral care. If so, the Moore County Health Department invites you to attend a **FREE** information session that will be held each Monday throughout the month of February starting on February 11th.

During the info session, parents will learn about when children should have their first dental visit, ways to prevent early childhood cavities, when to expect changes from primary to permanent teeth, proper brushing and flossing techniques, thumb sucking, dental sealants, choosing the right mouth protector for sports, and teaching children to say no to tobacco. Parents will also learn about the importance of regular dental examinations. Anyone is welcome to attend an info session. Sessions should last for 15-20 minutes and will be offered at 9:00AM, 10:00AM, 11:00AM, 2:15PM, and 3:30PM. All sessions are offered at the Moore County Health Department, located at 705 Pinehurst Ave. in Carthage.

Those who attend an info session will receive a **FREE** oral health care packet and **FREE** dental screenings will also be available on-site by request.

"Children's teeth are meant to last a lifetime and a healthy smile is important to a child's self-esteem.   With proper care, a balanced diet, and regular dental visits, their teeth can remain healthy and strong," said Tammie Fox, Public Health Dental Hygienist for the Moore County Health Department.

For more information about National Children's Dental Health Month, visit the Moore County Health Department website at www.moorecountync.gov/health. For more news and updates, follow the Health Department on Facebook (MOCO Health) and Twitter (@mocohealth).

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"To Protect and Promote Health through Prevention and Control of Disease and Injury."
http://www.moorecountync.gov/health/

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