Promoting Healthy Smiles in Grades K-5

Developing good dental care practices at a young age promotes healthy habits throughout life.

**IN NORTH DAKOTA**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>68%</td>
<td>Had cavities (treated or untreated decay)</td>
</tr>
<tr>
<td>70%</td>
<td>Needed dental care (urgent or early treatment)</td>
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<tr>
<td>23%</td>
<td>68% of 3rd Grade Students (2018)</td>
</tr>
<tr>
<td>47%</td>
<td>47% of Kindergartners (2019)</td>
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</tbody>
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**Things To Do**

- Brush your teeth twice a day, two minutes each time.
- See a dentist for dental cleanings and exams every six months.
- Floss daily after brushing your teeth.
- Drink fluoridated water and use fluoride toothpaste to protect tooth health.
- Eat fruits, vegetables, and nuts to help maintain dental health.
- Ask your dentist about fluoride varnish and dental sealants to prevent decay.

**Things NOT TO Do**

- Regularly drink sugary drinks (such as apple juice, chocolate milk, sports drinks, or soda).
- Force baby teeth out. If teeth are difficult to wiggle, they are not ready to come out.
- Frequently eat chewy candies such as caramel or gummies. DO brush after eating these candies. They will rot tooth enamel if left stuck to your teeth.
- Let children brush their teeth unassisted before age 8. Continue to supervise children under this age to be sure they are brushing correctly and using the correct amount of toothpaste.
- Wait for dental pain or a dental concern before seeing a dentist.