



School Wellness Committee News FEBRUARY

National Children's Dental Health Month

February is National Children's Dental Health Month. Simple daily habits make a big difference. Dentists recommend brushing teeth twice a day for two minutes with toothpaste, flossing once a day to remove food and plaque between teeth, and drinking plenty of water—especially after meals. Limiting sugary snacks and drinks, choosing tooth-friendly foods like fruits, vegetables, cheese, and yogurt, and visiting the dentist regularly are also key steps toward a healthy smile. February is the perfect time to refresh these habits and celebrate strong, happy smiles all month long!

Give Kids a Smile events will be held across the state, where children ages 3-18 can go to receive free dental care. Generally, this event is held **February 6th and 7th** at participating clinics, although some hold the event on an alternate date.

▶▶ [Minnesota Dental Association](#)

The Nearest Clinics Participating:

▶▶ [Cambridge Dental Center](#)

▶▶ [Community Dental Care - Buffalo](#)