



# ECISD NURSING AND HEALTH SERVICES



## What are cavities

All mouths contain bacteria living on and around teeth. When your child consumes food and drink containing sugar, the bacteria produce plaque, the white film that coats teeth. This plaque causes decay of the tooth, known as a cavity.

With October comes lots of yummy treats and fun activities. This month we are going to focus on dental health so that you and your child can enjoy some sweets worry-free.

## Teeth-brushing Basics

- Have your child brush at least twice a day (morning and night).
- Choose a toothbrush that fits easily in your child's mouth and can reach spaces between teeth and cheek.
- Choose a fluoridated toothpaste for your child (if over age 2). Watch your child to make sure that they spit it out when they are done.

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