



Educators,

February is recognized as **National Children's Dental Health Month**. This month-long observance brings together thousands of dedicated professionals, teachers and caregivers to promote the benefits of good oral health to children and adults. Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. We would like to help you promote this important health focus through resources and activities. The following is a list of resources and ideas for your consideration:

1. Utilize the Arkansas Oral Health Coalition's [Education Idea's Calendar](#).
2. Press releases, activity sheets, coloring pages, and posters are available at ADA.org/ncdhm
3. Host an education day for your class/classes:
There are several resources for toothbrush kits and materials. [Click here for a list](#)
4. Create an oral health bulletin board with brochures, tips, health messages and a list of resources or referrals as a simple way to promote oral health.
5. Use AETN's Healthy Teeth toolkit: <https://www.sesamestreet.org/toolkits/teeth>
6. Healthy eating and good nutrition are important pieces of good oral health so don't hesitate to include these topics.
7. Be inclusive: [A caregivers guide](#) provides tips and information for people with intellectual disabilities
8. Additional educational resources are available at: www.deltadentalar.com
9. Share what you are doing on Social Media and include #HealthySmileAR
10. Additional resources:
 - a. www.mykoolsmiles.com
 - b. [Colgate teacher education materials](#)

Thank you for promoting Children's Dental Health Month,

A handwritten signature in black ink that reads "Matthew Vermillion".

Matt Vermillion
Chairman, Arkansas Oral Health Coalition