



CHILDREN'S DENTAL HEALTH MONTH

Resources to use with your employees

February is Children's Dental Health Month and we're launching a campaign to increase awareness about the importance of good oral health and habits in children. This year's message centers around the impact nutrition can have on the health of teeth and gums, and how parents can help instill good habits in their children that can last a lifetime.

To help you promote this important message to your employees, we've developed several educational pieces and a resources page with helpful information.

- › [Dental Educational Resources](#)
- › [Nutrition and Oral Health](#)
- › [Your Child's First Dental Visit](#)
- › [Be a Role Model](#)
- › [Dental Tips for Kids](#)
- › [Childhood Obesity and Tooth Decay](#)
- › [You Are What You Eat](#) – this flyer is designed for parents to share with their kids, and features Mikey Molar.

To listen to Dr. Deborah Fuller, Cigna's National Dental Director, talk about the importance of nutrition and the impact it has on children's oral health, click [here](#).

For more information, including access to additional online articles and risk assessment quizzes, visit our public [Dental Health](#) page. Also be sure to follow us on Facebook, Instagram and Twitter if you don't already. Thank you for helping to spread awareness on the importance of children's dental health this February!

Together, all the way.®

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