

# KEEP YOUR SMILE BRIGHT



YOUR SMILE IS ONE OF THE FIRST THINGS PEOPLE NOTICE, BUT TAKING CARE OF YOUR TEETH AND GUMS IS ABOUT MUCH MORE THAN APPEARANCE. STRONG ORAL HYGIENE HABITS SUPPORT YOUR OVERALL HEALTH AND CAN HELP PREVENT SERIOUS CONDITIONS LATER IN LIFE. THIS OCTOBER, TAKE THE OPPORTUNITY TO REFRESH YOUR DENTAL ROUTINE AND ENCOURAGE HEALTHY HABITS IN YOUR FAMILY.

## EVERYDAY HEALTHY HABITS FOR A STRONG SMILE

- Brush your teeth at least twice a day for two full minutes using fluoride toothpaste. Fluoride strengthens enamel and protects against cavities.
- Floss once a day to remove plaque and food particles that brushing alone cannot reach. This helps prevent gum disease.
- Replace your toothbrush every three to four months. If the bristles look frayed, it is time for a new one.
- Choose water over sugary drinks. Sodas, juices, and sports drinks can weaken enamel and increase the risk of tooth decay.
- Eat tooth-friendly snacks such as cheese, apples, and crunchy vegetables. These foods help clean teeth naturally and provide important nutrients.
- Visit your dentist for routine cleanings and checkups. Regular visits allow problems to be caught early before they become more serious.

### WHY ORAL HEALTH MATTERS FOR YOUR WHOLE BODY

Caring for your mouth is not only about preventing cavities. Gum disease has been linked to other health problems including diabetes and heart disease. Poor dental hygiene can also contribute to infections, bad breath, and difficulty eating. On the other hand, a healthy mouth supports good nutrition, clear speech, and overall confidence.

### MAKE BRUSHING A FAMILY ACTIVITY



Parents can set the tone by brushing together as a family. Turning brushing into a routine that everyone shares helps children see it as part of daily life. Try playing a favorite two-minute song while everyone brushes, or create a sticker chart where kids earn a small reward for keeping up their brushing routine. Some families even turn it into a fun challenge to see who can keep their teeth the cleanest by the next dental visit. When dental care feels like a shared activity instead of a chore, kids are more likely to stick with it.

**FOR MORE INFORMATION ON NATIONAL DENTAL HYGIENE MONTH, VISIT;**

**[GOODWIN.EDU/NEWS/NATIONAL-DENTAL-HYGIENE-MONTH/](http://GOODWIN.EDU/NEWS/NATIONAL-DENTAL-HYGIENE-MONTH/)**



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