# February

IS DENTAL HEALTH MONTH

## February is National Children's Dental Health Month (NCDHM)

The American Dental Association (ADA) encourages children of all ages to practice good oral health habits!

Developing good oral health habits at an early age and visiting the dental hygienist regularly helps children get a great start on a **LIFETIME** of healthy teeth and gums.

This month-long national health observance brings together thousands of dedicated professionals, healthcare providers and educators to promote the benefits of good oral health to children, their parents or caregivers, teachers and many others.

We thank you for trusting us with caring for the oral health of your children and hope to see you and your family in our office soon! To schedule an appointment, call or text us at (714)543-8396, and we'll be happy to assist you.

Sincerely,

LifeTime Smiles of OC

For fun children's dental activities from the ADA please **click here**.

LifeTime Smiles of OC

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