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Monthly Oral Health and Wellness Tips



[Helpful tips for when your kid says, "I'm scared to go to the dentist"](#)

Help your child understand the importance of seeing a dentist and show them how to deal with their worries.

[Learn More](#)

[Prevent your children from grinding or clenching their teeth!](#)

See what the symptoms are and how to alleviate the issue.

[Learn More](#)



[Celebrate National Children's Dental Health Month with our superhero: Captain Supertooth!](#)

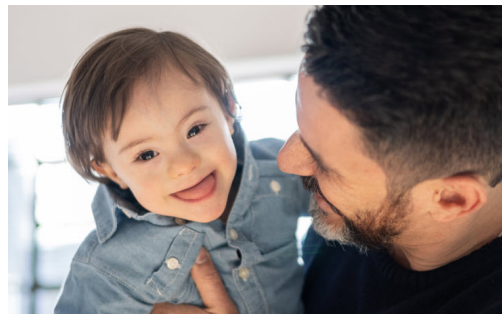
The Captain's special new videos release more of his healthy smiles knowledge into our universe, for the youngsters in your life, and you, too!

[Learn More](#)

[Ease the oral health routines of children with developmental disabilities!](#)

Discover what oral health issues are most common among children with cognitive and physical disabilities, why they occur and what caregivers can do to maintain their oral health.

[Learn More](#)





**A healthy smile
IS IMPORTANT FOR
A HEALTHY HEART.**

People with severe gum disease have an increased risk of heart attack and other cardiovascular problems.

[See how keeping your heart healthy just might start in a place you'd never expect — your mouth! \(infographic\).](#)

Brush twice a day and floss daily to help lower your risk of cardiovascular problems.

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