Berks County: Brush Up on Oral Health!

Healthy teeth are important for overall health (Your teeth matter!)

When kids in Berks County do not see a dentist until after they are 3 years old, they risk having more challenging health issues that can affect them for the rest of their lives.

The Brush Up on Oral Health! campaign has developed the following guidelines for all pediatricians, family practitioners and dentists to share with their patients and families:

- Brush twice a day for two minutes - just a smear of toothpaste is okay! Adults, help your little ones.
- Floss daily when teeth begin to touch.
- Schedule your child’s first dental visit by his or her first birthday.
- Limit juice (1/2 cup) and sugary foods to once a day with a meal.
- Drink only water between meals. Fluoridated water is best!
- Fluoride varnish, sealants and fluoridated toothpaste prevent cavities.
- Call 211 (www.pa211east.org) for help!

Learn more about the Brush Up on Oral Health! Campaign
Contact Monica Reyes at monicar@bccf.org or 610-685-2223.

www.bccf.org/oral-health