



Children's Dental Health Month (February 2025)

A List of Videos & Other Resources to Share on Social Media

Produced by ASTDD's Social Media Work Group

Look for the **yellow highlight** to find non-English videos or content

I. Brushing and Flossing Teeth Regularly

American Dental Association:

Posters on this web page encourage children to brush their teeth — ideal for elementary schools, child care centers, etc. (*English / **Spanish***)

<https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>

U.S. Department of Health and Human Services (Head Start):

It's important for families to establish a regular bedtime routine for their children. Brushing your child's teeth with fluoride toothpaste is a key part of the routine.

<https://eclkc.ohs.acf.hhs.gov/publication/establishing-bedtime-routine-your-child>

The Mighty Mouth / Delta Dental of Washington State:

Parents can build healthy habits by brushing twice daily with their children. As this video says, kids usually need help brushing until they turn 8 years old.

<https://www.youtube.com/watch?v=f5tr3xMw0T4>

The Mighty Mouth / Delta Dental of Washington State:

This fun video encourages parents to have their children floss between teeth.

<https://www.youtube.com/watch?v=egtQELfaju8>

SciShow Kids:

Why do we brush our teeth? This is a fun video for children to watch, raising their knowledge.

<https://www.youtube.com/watch?v=aOebfGGcjVw>

Connecticut Dental Health Partnership:

(*English*) This is a fun video that parents can show to their children, showing how to brush their teeth.

<https://www.youtube.com/watch?v=UXcs68zxygU&list=PLhWL8UPdlfaE1WC2WtfbonCJ9gB2cZuQi&index=2>

(**Spanish**)

<https://www.youtube.com/watch?v=R6TEzQ5xnhg&list=PLhWL8UPdlfaE1WC2WtfbonCJ9gB2cZuQi&index=4>

II. Healthy Foods & Drinks

U.S. Department of Health and Human Services (Head Start):

Many drinks have natural or added sugar. These drinks raise the risk of cavities. Water or milk are the best drinks for your child.

<https://eclkc.ohs.acf.hhs.gov/publication/choosing-healthy-drinks-your-young-child>

U.S. Department of Health and Human Services (Head Start):

Tap water is a healthy, sugar-free drink for children. The tap water in many communities has the recommended amount of fluoride, which helps to protect teeth from decay.

<https://eclkc.ohs.acf.hhs.gov/publication/encouraging-your-child-drink-water>

U.S. Department of Health and Human Services (Head Start):

This web page shares simple recipes for healthy snacks that young children can make in Head Start programs or at home with their families.

<https://eclkc.ohs.acf.hhs.gov/oral-health/cooks-corner-recipes-healthy-snacks/cooks-corner-recipes-healthy-snacks>

American Academy of Pediatric Dentistry

If you give your toddler a bottle when putting them to sleep, fill it with water. Do not put fruit juice, milk or other sugary liquids inside — they can damage teeth.

<https://www.mychildrensteeth.org/age-group-resources/mouth-monsters-at-night/>

The Mighty Mouth / Delta Dental of Washington State:

This video shows parents one way to help encourage their children to switch from fruit juice to water.

<https://www.youtube.com/watch?v=msDDi9DJTsI>

III. Getting Dental Care for a Child

U.S. Department of Health and Human Services (Head Start): All children should have seen a dental provider by age 1.

<https://eclkc.ohs.acf.hhs.gov/publication/visiting-dentist-age-1>

Pennsylvania Coalition for Oral Health: Videos that encourage children to floss and helps parents and toddlers learn why an age 1 dental visit is important (*English / Spanish*)

<https://kidssmiletoolkit.org/videos>

Delta Dental Insurance:

This video offers tips for parents to prepare their child for their age 1 dental visit and explains what happens during that visit.

https://www.youtube.com/watch?v=o_oyD7Mo-bU&list=PLMHdIWVY3URH354w1pPkMY1vwGDS-FTD1&index=10

U.S. Department of Health and Human Services (Head Start):

It can be difficult to find a dental office that works for you and your child. This tip sheet has examples of questions you can ask dental staff before you decide to make an appointment.

<https://eclkc.ohs.acf.hhs.gov/publication/questions-ask-when-looking-dental-office>

U.S. Department of Health and Human Services (Head Start):

This form helps parents share information about their child with dental staff. This can help the staff know how to meet the child's needs and what to do if the child becomes shy or scared. *(English / Spanish)*

<https://eclkc.ohs.acf.hhs.gov/publication/getting-know-me-information-your-childs-dental-office>

SciShow Kids:

This video explains to children what happens during a dental visit. It's a great way to help raise their comfort level.

<https://www.youtube.com/watch?v=39BfmKyYnVI>

IV. Proven Ways to Prevent Cavities

U.S. Department of Health and Human Services (Head Start):

Fluoride varnish is a protective coating that is painted on the surface of children's teeth to prevent cavities. Learn more:

(English) [https://www.michigan.gov/-](https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder3/Folder88/Folder2/Folder188/Folder1/Folder288/Protecting_Your_Childs_Teeth_FV_Eng.pdf)

[/media/Project/Websites/mdhhs/Folder3/Folder88/Folder2/Folder188/Folder1/Folder288/Protecting_Your_Childs_Teeth_FV_Eng.pdf](https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder3/Folder88/Folder2/Folder188/Folder1/Folder288/Protecting_Your_Childs_Teeth_FV_Eng.pdf)

(Arabic) [https://www.michigan.gov/mdhhs/-](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Folder4/Folder8/Folder3/Folder108/Folder2/Folder208/Folder1/Folder308/Protecting_Your_Childs_Teeth_FV_AR.pdf)

[/media/Project/Websites/mdhhs/Folder4/Folder8/Folder3/Folder108/Folder2/Folder208/Folder1/Folder308/Protecting_Your_Childs_Teeth_FV_AR.pdf](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Folder4/Folder8/Folder3/Folder108/Folder2/Folder208/Folder1/Folder308/Protecting_Your_Childs_Teeth_FV_AR.pdf)

U.S. Department of Health and Human Services (Head Start):

Silver diamine fluoride (SDF) can stop tooth decay and prevent it from getting worse. This treatment is quick and painless with no needles or drills needed.

<https://eclkc.ohs.acf.hhs.gov/publication/using-silver-diamine-fluoride-childrens-teeth>

Smile, California (California's Medicaid Program):

Parents may wonder: When does teething start? And can I put my baby to bed with a bottle? These and other questions are answered in this video.

<https://www.youtube.com/watch?v=1eGARL8zWmY>

The Mighty Mouth / Delta Dental of Washington State:

"Baby teeth" fall out so are they really important? In this video, a dentist explains why it's important to keep these teeth healthy.

<https://www.youtube.com/watch?v=vCPqccTUvC0>

The Mighty Mouth / Delta Dental of Washington State:

Quincy is a child care worker who talks about the steps he takes to promote healthy teeth for the children in his care — and for his own child.

<https://www.youtube.com/watch?v=-SOgYWwbQrl>

The Mighty Mouth / Delta Dental of Washington State:

Brittany is a music vocalist who travels with her husband. But they find time to brush their toddler's teeth and do their best to make it fun.

https://www.youtube.com/watch?v=y9_2KCmkfAw

The American Academy of Pediatric Dentistry has several graphics that are downloadable on this page:

<https://www.mychildrensteeth.org/ncdhm-2024/>

V. Dental Sealants

Centers for Disease Control and Prevention:

Molars (back teeth) are at highest risk for getting cavities. Dental sealants can protect those teeth.

<https://www.cdc.gov/oral-health/data-research/facts-stats/fast-facts-dental-sealants.html>

Centers for Disease Control and Prevention:

Parents: Many schools have programs so that dental providers can place sealants on students' teeth. This prevents cavities. Ask your school for more info.

<https://www.cdc.gov/oral-health/data-research/facts-stats/fast-facts-dental-sealants.html>

CDC sealant graphics are available on this page:

<https://www.cdc.gov/oral-health/php/infographics/dental-sealants.html>

A good downloadable sealant graphic is available here:

<https://www.914smiles.com/what-are-dental-sealants-and-why-should-kids-get-them/>

VI. Baby Teeth Are Important

Connecticut Dental Health Partnership:

(English) Here's a fun video that parents can show to their children, showing why baby teeth are important to take care of.

<https://www.youtube.com/watch?v=bUmiiZrRDMI&list=PLhWL8UPdIfaE1WC2WtfbonCJ9gB2cZuQi&index=4>

(Spanish)

https://www.youtube.com/watch?v=g_sE6rMdq1s&list=PLhWL8UPdIfaE1WC2WtfbonCJ9gB2cZuQi&index=5

VII. Dental Care During Pregnancy

The Mighty Mouth / Delta Dental of Washington State:

This video talks about the importance of getting dental care during pregnancy.

<https://www.youtube.com/watch?v=ASgS1t0DNoU>

The Mighty Mouth / Delta Dental of Washington State:

In this video, a dentist encourages people to get a dental visit during their pregnancy.

<https://www.youtube.com/watch?v=jhJ4avwnaEE>

VIII. Ending Pacifier Use

U.S. Department of Health and Human Services (Head Start): Long-term use of pacifiers can affect a child's bite and the growth of the jaws/bones that support their teeth. This web page offers tips for parents to end pacifier use.

<https://eclkc.ohs.acf.hhs.gov/publication/helping-children-stop-using-pacifier>

Looking for social media messages on these or other topics throughout the year? Visit ASTDD's Social Media Library:

<https://www.astdd.org/docs/social-media-library.pdf>