



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058
Phone: 269-945-9516 Fax: 269-818-0237

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2430 Fax: 517-543-7737

Eaton Behavioral Health: 1033 Health Care Dr., Charlotte, MI
48813
Phone: 517-543-2580 Fax: 517-543-8191

Children's Dental Health Month

The Barry-Eaton District Health Department (BEDHD), in conjunction with My Community Dental Centers (MCDC) of Charlotte as well as local dentists, invite you to celebrate National Children's Dental Health Month. This observance is intended to bring increased awareness of the importance of regular dental check-ups and a healthy oral hygiene routine.

Tooth decay is one of the most common chronic conditions of childhood. According to the Centers for Disease Control and Prevention (CDC), 1 in 5 children aged five to eleven years have at least one untreated decayed tooth. Children with untreated tooth decay may develop pain and infections that could lead to problems with eating, speaking, playing and learning. The good news is that tooth decay is preventable!

It is important to begin an oral hygiene routine early! Parents should brush their child's teeth when they begin to come in. My Community Dental Centers in Charlotte encourages parents to bring their child in for their first dental visit before the age of one. This creates a positive experience and establishes a dental home before problems may arise.

In addition to beginning an oral hygiene routine early, the American Dental Association recommends the following for a healthy smile:

- Brush teeth twice a day for 2 minutes each time.
- See a dentist twice every year – start as early as when the first tooth appears.
- Drink fluoridated water – Community water supplies (CWS) may contain enough fluoride to protect your child's teeth. In Eaton County the following communities have community water supplies with enough fluoride to protect oral health; Delta Township, Grand Ledge, Charlotte, Eaton Rapids, and Misty Cove Apartments. Contact your local municipality to determine if your community water supply is fluoridated or visit nccd.cdc.gov/DOH_MWF/Default/Default.aspx. If you have well water, or live in a community without fluoridated water, consider buying bottled water with fluoride added.
- Place only formula, milk, or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice, or soft drinks.
- If a child uses a pacifier, provide one that is clean – don't dip it in sugar or honey or put it in your mouth before giving it to the child.
- Serve nutritious snacks and limit sweets to mealtimes.

My Community Dental Centers, on behalf of BEDHD, focuses on providing dental services to Medicaid enrollees and low-income, uninsured residents throughout Eaton County. Routine dental services may be covered if your child is enrolled in a Medicaid plan such as Healthy Kids, Healthy Kids Dental, or MICHild. For more information on MCDC services or to schedule an appointment, please call 1-877-313-6232. For more information regarding Medicaid enrollment visit barryeatonhealth.org/health-services/health-insurance or contact the Barry-Eaton District Health at 269-945-9516 (Barry County) or 517-543-2430 (Eaton County).