

Quality Care For Kids Newsletter

February 2026 | National Children's Dental Health Month: Promoting Healthy Smiles for Life

Written by Stephanie Chickering RDH, Oral Health Coordinator, Iowa HHS

February is National Children's Dental Health Month. Building good habits early like brushing twice a day, flossing regularly and visiting the dentist can help prevent cavities and keep teeth healthy for years to come. Oral health plays a big role in well-being and can impact how kids eat, speak and feel about themselves. It can also impact how well they do in school.

The I-Smile program helps kids across Iowa grow up with healthier smiles by connecting families with dental, medical and community resources for a lifetime of health and wellness. By working with schools, child care centers and Head Start programs, I-Smile helps kids develop good habits early by bringing oral health education, dental screenings and other preventive dental services to the kids. Referrals to dentists and care coordination are provided as needed to make dental care easier to access.



Celebrate National Children's Dental Health Month by making sure children have the opportunity to brush their teeth while at child care, Head Start and school. Try out some of the fun ideas listed below!



Watch and discuss Healthy Habit All-Stars dental videos.

youtu.be/7BwbC5A7CMc



Color dental themed pictures available for FREE download from the American Dental Association.

www.ada.org/resources/community-initiatives/national-childrens-dental-health-month



Read children's books about dental health to make learning fun.



Contact your local Child Care Nurse Consultant to help with your oral health policy and to help you celebrate Dental Health Month!



Contact your I-Smile Coordinator for more ideas.

hhs.iowa.gov/health-prevention/dental-oral-health/i-smile



For additional toothbrushing resources visit the national Head Start website.

www.headstart.gov/oral-health



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



CCNC Contact:
Jessica Redden, RN
Scott County Health Department
P. 563.326.8618 ext. 8821
E. jessica.redden@scottcountyiowa.gov