

# Say No to Cavities Challenge



Track your brushing and flossing for the month of February 2023 and enter for a chance to win a Nintendo Switch OLED!



Keeping teeth cavity-free helps them stay strong and healthy.

Even if you've already had a cavity, these tips will help prevent future tooth decay.



### What is a cavity?

Cavities are also known as tooth decay. The decay causes holes or weak spots in the hard surface of your tooth, which is called enamel.



### How are cavities caused?

Cavities are caused by the layer of bacteria on your teeth called plaque that feed on sugars to make acids. These acids harm tooth enamel. It's important to remove bacteria and plaque before these acids damage teeth, which is why you should clean your teeth well, especially after eating sweets.

## How can I prevent cavities?



### Brush!

Brushing your teeth at least twice a day for two minutes each time will help get rid of the plaque, tartar, bits of food and bacteria on your teeth.



### Floss!

It's hard for a toothbrush to get plaque and food from between your teeth, but flossing once a day will do the trick. If string floss is hard to use, try a floss pick - floss attached to a plastic handle.



### Visit the dentist!

Your dentist or hygienist will clean your teeth really well and maybe even give your teeth a coat of fluoride to help keep them strong and healthy. You should visit the dentist at least once a year so he or she can help make sure you maintain a beautiful smile.



# National Kids Dental Health Month 2023

## Say No to Cavities Challenge



Brush your teeth for two minutes in the morning and two minutes before bedtime. Don't forget to floss once a day.



Mark your calendar with an X each time you brush.



Check the box when you floss.

### FEBRUARY 2023 BRUSHING & FLOSSING CHART

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	If you visit the dentist during this month draw a big smiley face on that day.		Visiting the dentist at least once a year also helps keep your smile healthy.	



## Say No to Cavities Challenge Entry Form

Child's Name:

Child's Age:

Parent/Guardian's Name & Email:

Child's School Name & District:



Your completed chart and entry form must be received no later than 5 pm CST, March 10, 2023. Forms can be mailed to Delta Dental of Arkansas, P.O. Box 15965, Little Rock, AR 72231 or emailed to Marketing@deltadental.com.

For complete challenge rules, please visit [DeltaDentalAR.com/nocavitieschallenge](http://DeltaDentalAR.com/nocavitieschallenge). The "Say No to Cavities Challenge" is open to children, ages 17 and younger, who are residents of Arkansas. Employees of Delta Dental of Arkansas and their immediate family members are not eligible. There is no purchase necessary to participate. One entry per child, please. All entries must be received no later than 5 pm CST, March 10, 2023. Forms can be mailed to Delta Dental of Arkansas, P.O. Box 15965, Little Rock, AR 72231 or emailed to Marketing@deltadental.com. The drawing for the winner of the Nintendo Switch OLED will take place on Monday, March 13, 2023. The winner's parents or guardians will be notified by email at the email address provided on the entry form.



[DeltaDentalAR.com](http://DeltaDentalAR.com)