



## Healthy Kids, Healthy Teeth

This February, brush up on your dental know-how in time for Children's Dental Health Month. At what age should a baby first see the dentist? What can you do to prevent baby bottle tooth decay? How much toothpaste should a toddler use?

[Get the answers >>](#)



### Grin! for Kids

Packed with games and activities, this printable children's coloring book is a fun way to learn about dental health.

[Download the latest issue >>](#)



### Cheesy zucchini rounds

Quick to prepare, this tasty snack features slices of baked zucchini with crispy Parmesan cheese.

[Get the recipe >>](#)



### Teething troubles

Got a teething baby? Here's what you should and shouldn't do.

[Watch the video >>](#)

### 7 great sources of calcium

Help your kids build strong teeth with these nutritional sources.

[Discover the foods >>](#)



### Braces 101

Here's what teens and parents need to know about life with braces.

[Brush up on braces >>](#)