

# UBBN

UNION  
BULLETIN  
BOARD  
NETWORK

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Children's teeth are meant to last a lifetime. With proper care, a balanced diet and regular dental visits, their teeth can remain healthy and strong.

**Here are some tips for good dental health:**

- Reduce sugary foods and drinks.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless.
- Instead of soft drinks all day, give them water and low-fat milk.
- Schedule regular dental visits.

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Your Union Benefits Trust  
wants you to know that...

## FEBRUARY is National Children's Dental Health month!



How will my baby's thumb sucking  
affect his future dental health?

When does my toddler need  
to get her first dental visit?



Does my child brush  
and floss properly?

Should my teenager  
get braces?



**Get guidance on these dental  
health questions and more at the  
American Dental Association website  
at [www.ada.org](http://www.ada.org).**

**For more on your Union Benefits Trust  
dental benefits, visit  
[www.benefitstrust.org](http://www.benefitstrust.org)**