



# February is National Children's Dental Health Month

Good oral health habits should start early in life.

Kids (and adults) should brush their teeth for at least two minutes twice a day.

Maintain good oral health by brushing, flossing, rinsing, and eating healthy snacks.

For more information visit [bsneny.com/healthandwellness](https://bsneny.com/healthandwellness) or call one of our health coaches at 1-877-878-8785, option 2.



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