Start the School Year with a Smile

Did you know that 30% of kids miss school due to oral health problems?! This fall, make sure your child shines inside and outside the classroom.

3 back-to-school tips

1. Take your kids to the dentist.
   Start the school year right with a dental checkup. Ask your child's dentist about sealants and fluoride treatments to prevent decay.

2. Pick the right snacks.
   Swap out lunchbox no-no's with these healthy alternatives.

   Instead of...
   chips, crackers, granola bars, candy, juice, soda

   Choose...
   nuts, carrots, celery sticks, cheese, milk, water

3. Make brushing and flossing fun.
   To keep their mouths healthy, kids need to brush twice a day for two minutes at a time and floss every day.

   Use a sticker calendar.
   Let your kids place stickers on each day to represent brushing and flossing.

   Play music.
   Collect your kids’ favorite 2-minute songs and make sure they brush the whole time.

   Let your kid pick a themed toothbrush in his or her favorite color.

   Provide a kid-friendly floss holder.
   These Y-shaped devices make flossing more comfortable.

1 2015 Delta Dental Children's Oral Health Survey

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