Start the School Year with a Smile

Did you know that 30% of kids miss school due to oral health problems?¹ 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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