# Start the School Year with a Smile

Did you know that 30% of kids miss school due to oral health problems?<sup>1</sup> This fall, make sure your child shines inside and outside the classroom.

## 3 back-to-school tips

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.



### 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





### 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

These Y-shaped devices make flossing more comfortable.



<sup>1</sup> 2015 Delta Dental Children's Oral Health Survey

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