

Back to School

ORAL HEALTH CHECKLIST

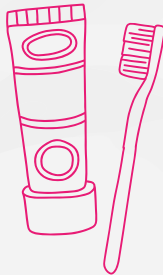


To make sure your child is at the top of their game and has a healthy smile to start a new school year, don't forget a dental visit as part of their back-to-school checklist. These tips are also a great way to encourage kids to develop good habits early on.



See your dentist:

Scheduling an exam now means your child will not need to miss school days. Talk to your dentist about sealants and ask if your child is receiving the proper amount of fluoride. Sealants and fluoride help prevent decay.



Practice good hygiene everywhere:

Make sure to include a travel-size toothbrush, floss and toothpaste in your child's back-to-school items. Regular brushing and flossing are necessary for cavity prevention and good oral health. Brushing twice per day and flossing is essential, even for children.



Ditch the sugar:

Replace soda or high sugar beverages with water. Encourage healthier options such as fruits, raw veggies or lean protein instead of candy bars, ice cream and other not-so-great after school snacks that are high in sugar.



Wear a mouth guard:

They may not be a typical part of your child's sports uniform, but they are smart! If your child plays sports, mouth guards are certainly worth the investment. Not only do they protect the teeth, but also the cheeks, tongue and the jaw.

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Sources: Back-to-school checkup; Journal of the American Dental Association; 2004.
Children's Oral Health; Centers for Disease Control; November, 2014.