

Dear Parents and Caregivers,

Among the many important tasks to prepare for the school day is maintaining a healthy mouth. Dental decay remains the most common chronic disease among children. Children experience unnecessary pain and suffering from tooth decay. The good news about tooth decay is that it is preventable when eating a healthy diet, having good oral hygiene habits and maintaining routine dental care with fluoride and sealants. Teenagers are ready to understand the importance of a healthy mouth and be responsible for their personal hygiene. The list below includes some of the topics that will be discussed in your child's Health and Wellness Class at school.

Keep your Teeth for Life:

- How oral health affects the whole body.
- The tooth decay process.
- Importance of Maintaining a healthy, low sugar diet, and limiting frequent snacking.
- Importance of routine brushing twice a day with fluoride toothpaste and flossing.
- Awareness of personal oral hygiene, bad breath, and limiting the exposure to germs causing illness.
- Avoid Risk Factors- tobacco- smoking and vaping, alcohol and illicit drugs.
- Importance of drinking water at school, after lunch for dental health and to keep hydrated.
- Importance of wearing protective gear such as mouth guards and helmets for sports activities to prevent tooth damage and concussions.
- Importance of establishing a dental home.

The above topics are important to discuss at home as well as in school. Please encourage your child to make brushing and flossing a daily habit. It is recommended that your child see a dentist for an oral exam and cleaning twice a year to prevent dental problems that would not allow your student to learn to his or her fullest capacity.

The Healthy Smiles program hopes all of our students strive for good oral hygiene which will contribute to a successful school year.

Thank you,

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