

School Health Promotion Newsletter Articles

FEBRUARY: Take Care of Your Smile



Very Short Text:

Protect your kid's smile – and health! Help them have healthy teeth:

- Visit a dentist twice a year
- Brush teeth twice a day with fluoride toothpaste
- Floss teeth daily
- Avoid sugary snacks and drinks
- Drink more water
- Snack on fruits, vegetables, cheese and whole grain foods
- Wear a mouth guard when playing sports

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Tooth decay is the most common chronic childhood disease—51 million school hours are lost each year in the United States due to dental-related illnesses. Poor oral health, including early tooth loss, gum disease, and pain and infection can affect a child's speech development, school performance and lower his or her self-esteem.



Long Text:

Good health for kids includes good dental habits. Regular visits to a dentist, brush, and flossing teeth, and a healthy diet will help keep your child's teeth strong.

Tooth decay is the most common chronic childhood disease—51 million school hours are lost each year in the United States due to dental-related illnesses. Bad oral health can affect a child's speech development, school performance and self-esteem.

Children with pain in their mouth or who have missing teeth may have difficulty chewing, which could prevent your child from getting the nutrients they need to grow, learn, and concentrate in school. Here are a few tips to keep your kids' teeth healthy:

- Visit a dentist twice a year
- Brush teeth twice a day with fluoride toothpaste
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