# Start the School Year with a Smile

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

## 3 back-to-school tips



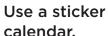
#### Take your kids to the dentist.

Start the school year right with a dental checkup. Ask your child's dentist about sealants and fluoride treatments to prevent decay.



#### 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.



Let your kids place stickers on each day to represent brushing and flossing.

together provide dental coverage to 75 million people in the U.S.

### Play music.

Collect your kids' favorite 2-minute songs and make sure they brush the whole time.



#### 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













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delivery systems, covering 35.4 million enrollees. All of our companies are members, or affiliates

of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that

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.











