Healthy smiles for a healthy school year

A healthy smile is important no matter how old, or young you are! Visiting the dentist is the best way to keep your teeth and gums healthy. Keeping your mouth happy and healthy keeps your whole body healthy.

Back to school is a great time to schedule those dental visits! It's important for your children to have their teeth cleaned twice each year for a healthy smile. Visiting a dentist regularly will help prevent cavities and other dental problems.

As part of their school schedule, encourage a tooth brushing in the morning and before bed. Children should brush for two minutes, two times a day. In addition to regular brushing, flossing teeth is recommended once a day for healthy gums.

If your kid needs help brushing or flossing:

- Have them lie down with their head in your lap.
- Have them roar like a dinosaur! (This makes them open wide.)
- Gently brush teeth, working up to two minutes, two times a day.
- Sing to them or tell a story while you brush.

You can also have your child practice brushing teeth on a favorite stuffed animal or doll.

Tip:

Singing the ABCs or Happy Birthday is about the same amount of time you should be brushing your teeth. Repeat songs for 2 minutes, or set a timer.

Questions?

We're here to help. Call us toll-free at 877-277-7280.

For EOCCO customer service, call toll-free at 888-788-9821.

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