

Smile Real BIG: Dental Tips for Older Kids

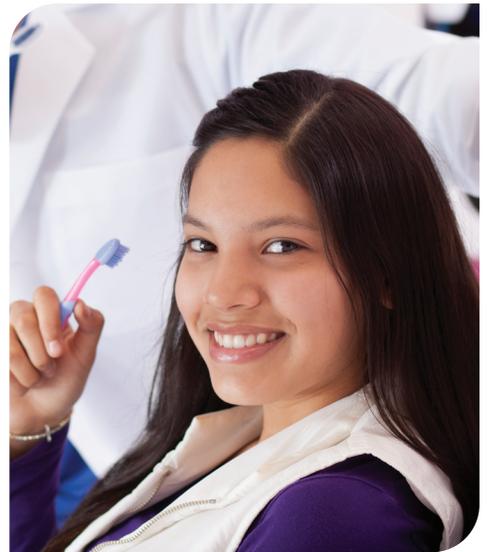
As kids get older, having a great smile is a confidence boost. Make sure you remind your child to take care of their smile!

Dental Tips for Older Kids

- ✓ Take your child to the dentist every 6 months.
- ✓ Make sure your dentist applies fluoride and sealants.
- ✓ Encourage your child to brush and floss their teeth twice a day. Brushing and flossing stops the buildup of plaque. Plaque is the main cause of gum disease and cavities.
- ✓ Did you know that a 20-ounce soda has 17 teaspoons of sugar? Teach your children to limit sugary drinks and snacks.
- ✓ Change toothbrushes every 3 to 4 months or sooner if the bristles are worn.
- ✓ Keep new soft toothbrushes and toothpaste on hand.



- ✓ Set a good example by taking care of your teeth and eating healthy
- ✓ If you smoke, dip or vape...QUIT!



Passport covers
2 dental visits
each year!



Want to learn more?

If you want to learn more about how to help your child take care of their smile, call us at **1-800-578-0603**, then select the dental option. TTY users may call 711. We're here to help!