

Back-to-School Dental Tips



Indiana
Department
of
Health

Division of Oral
Health

A healthy smile helps students succeed—in the classroom, on the field, and beyond! Start the school year off right with these quick dental reminders:



1. Get a Back-to-School Dental Checkup

Regular visits help prevent cavities and keep kids focused—not distracted by tooth pain



2. Brush + Floss Daily

Brush twice a day with fluoride toothpaste and floss once daily. Don't forget to brush before school and before bed!



3. Choose Smile-Friendly Snacks

Pack crunchy fruits, veggies, and cheese sticks. Avoid sticky candy, soda, and sugary sports drinks



4. Wear a Mouthguard for Sports

Protect teeth from injuries during football, basketball, or any contact sport



5. Talk to Your Child About Healthy Habits

Help them understand why brushing, flossing, and avoiding too much sugar matters

Start the school year with confidence—keep your smile strong.

