

# Ace the school year and oral health with our checklist

From the classroom to the playground, a healthy smile is key. As each new year begins, make dental health a priority. Our checklist makes it easy to start good habits that will last a lifetime.

## See your dentist:

Book an exam before the school year starts to avoid missing class. Ask your dentist about sealants, and if your child is receiving the proper amount of fluoride. Both help prevent decay.

## Good hygiene to go:

Add a travel-size toothbrush, flossing aids and toothpaste to your child's back-to-school gear. Brushing twice a day and flossing are necessary for cavity prevention and good oral health, even for kids.

## Ditch the sugar:

Replace soda or high-sugar beverages with water. Encourage healthier options like fruits, raw veggies or lean protein instead of candy bars, ice cream and other high-sugar snacks.

## Wear a mouth guard:

If your child plays sports, mouth guards are certainly worth the investment. Not only do they protect the teeth, but also the cheeks, tongue and jaw.

For more information, visit [UnitedConcordia.com/Children](https://UnitedConcordia.com/Children)

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### Sources:

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Back to School Dental Checklist: Start the Year with a Healthy Smile, [leifestedental.com](http://leifestedental.com), August 2025.

Back-to-School Dental Checklist for Kids, [spectrumhs.org](http://spectrumhs.org), September 2025.

Back-to-school Oral Health Checklist, [familydentalhealth.com](http://familydentalhealth.com), August 2022.

Back to School Dental Tips for a Healthy Smile, [phdental.com](http://phdental.com), July 2021.

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