



School-ready smiles

Don't forget the dentist when getting ready for school! A dental checkup is just as important as a doctor's visit and shots before school starts. It's hard to learn when your teeth hurt.

Over 40% of kids starting kindergarten have tooth decay¹. About one in five kids ages 2 to 19 have untreated cavities.² Tooth decay is the most common long-term disease in children. Tooth decay happens when germs in your mouth make holes in your teeth. It can hurt and make your teeth weak. Each year, kids miss a total of 51 million hours of school because of mouth problems.³

When kids miss school, they can miss important lessons like reading and math. Regular dental visits help find small problems before they get worse.

Parents should remind kids to brush with fluoride toothpaste twice a day for two minutes and floss once a day. It also helps to rinse with water after lunch—even at school.



Did you know?

Almost 60% of teens ages 12 to 19 have tooth decay.⁴



Quick bites

What happens at a dental visit? At most checkups, the dentist or hygienist will:

- Look at your child's dental and medical history
- Check for cavities
- Make sure teeth and gums are healthy
- Clean and polish teeth
- Check how the top and bottom teeth fit together
- Use fluoride or sealants if needed
- Take X-rays if needed
- Show how to brush and floss the right way



Renaissance®

1 Pierce KM, Rozier RG and Vann WF Jr., "Accuracy of Pediatric Primary Care Providers' Screening and Referral for Early Childhood Caries," *Pediatrics* 109, no. 5 (2002): e82.

2 Centers for Disease Control and Prevention, "Untreated Dental Caries (Cavities) in Children Ages 2–19, United States," web. **3** National Institute of Dental and Craniofacial Research, "Oral Health in America: A Report of the Surgeon General—Executive Summary," web. **4** National Institute of Dental and Craniofacial Research, "Dental Caries (Tooth Decay) in Adolescents (Age 12 to 19)," web.