



This video resources is provided to help teach kids how they can keep their smiles and mouths healthy during the summer season.

Tip #1: Apply lip balm. Applying SPF 30+ to your lips can help protect against sun damage and cancer. Applying sunscreen and lip balm is part of preventive care. As you watch the video, pause to talk about what the word “prevention” means. Prevention means to stop something from happening. How can kids help prevent injuries or health issues from popping up? What are some steps they take each day to prevent problems? Do they brush and floss their teeth each day? This is a great example of “preventive care.”

Tip #2: Stay hydrated. Drinking water during the day can help you wash away food particles from your teeth which helps you avoid cavities. It also helps make sure your body gets the right amount of water each day to function properly. The amount of water a child needs on a daily basis will vary based on their age and weight. Other things like outside temperature, activity level and the child’s health are also factors. Overall, kids typically need 7 or more cups of water each day.

Tip #3 Enjoy smile-friendly foods. Swapping out sugary treats, chips, and crackers for fruits and veggies can help kids avoid cavities. As you watch the video, pause to talk about how cavities are formed. Here’s a good talking point: Bacteria, acid, food and saliva mix to form plaque. This sticky substance coats the teeth. Without proper brushing and flossing, acids in plaque dissolve tooth enamel, creating cavities, or holes.

When sugary foods are eaten they interact with the bacteria within the plaque to produce acid. This acid is responsible for tooth decay because it slowly dissolves the enamel creating holes or cavities in the teeth.

Tip #4: Wear a mouthguard. Did you know that baseball and basketball have the highest incidence of sports-related dental injuries in children ages 7-17 than any other sport? Dental professionals recommend they be worn for all athletic activities where there is a strong potential for contact with other participants or hard surfaces. Wearing a mouthguard is another great example of preventive care. As you watch the video, pause to talk about why protecting your teeth and mouth are so important to your overall health.