Clinic Reminders:

* Please **DO NOT** send medication to school with your child. All medication must be checked in by an adult with a staff member. It must be in an unopened container with a pharmacy label. All medication requires a doctor’s order.
* Please turn in any medical or dietary order needed. If you have turned in orders, please be sure to check in medication so it will be available if needed.

**Thank you for all you do to keep your children safe and healthy at school!**

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Here are some tips for keeping teeth healthy:

1. Brush your teeth at least twice a day.
2. Use a fluoride toothpaste to protect tooth enamel and prevent cavities.
3. Visit the dentist twice a year for teeth cleaning.
4. Eat healthy foods to promote strong teeth. Healthy snacks include carrots, grapes, and apples.
5. Avoid sugary foods and drinks. Water is the best option.

 Parents can supervise children when brushing teeth and help out as needed. Remind children to brush top and bottom, front and back. Pay close attention to back teeth where food tends to get trapped.

Try watching these fun videos from Sesame Street to make toothbrushing fun and encourage dental health!

<https://www.youtube.com/watch?v=VNxIfyGXUzg>

<https://www.youtube.com/watch?v=wxMrtK-kYnE>

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