



Word of Mouth  
Summer  
Smiles



Pediatric Dental Initiative



# Oral Health Tips for Summer

## Dental Routine

Summer can be a time where kids become relaxed with their normal dental routine, especially with sleepovers, vacations and later bedtimes. During summer help your child stick to their routine by brushing and flossing their teeth after meals or at a minimum of twice a day.

## Choose Water

Hot summer days means extra hydration. It can be tempting for kids to choose sugary drinks like lemonade, soda or juice to quench their thirst. Try to limit consumption and encourage your child to reach for water instead.



## Chewing on Ice

Kids love to chew on ice. Unfortunately, eating ice can be very damaging to their teeth. It can...

- damage tooth enamel
- crack or chip a tooth
- damage dental fillings or braces.

It can be hard to stop the habit, instead try finely shaven, semi-melted pieces of ice instead – it's gentler on the teeth while satisfying the craving.

## Snacking

Snacking or grazing is a common summer habit for kids and can be hard on their teeth. Sugary and starchy foods combined with the bacteria in their mouths form acids that wear down their tooth enamel.

Saliva naturally cleanses the mouth, washing away leftover foods once they are done eating. But snacking too often can overwhelm the teeth, making it more likely to develop cavities and experience tooth decay.

*snack smart*

**Snack smart over summer by limiting how often your child snacks between meals and selecting healthy snack options. It's best to choose fresh fruits, raw vegetables, whole grains, and limit processed food products.**





# Fun & Healthy Breakfast & Snack Ideas for Summer

## breakfast smoothie

### Ingredients:

- Frozen bananas
- Vanilla greek yogurt
- Other favorite fruits
- Almond or Oat milk
- Cinnamon (optional)
- Vanilla (optional)



## granola bars

### Ingredients:

- 2 cups quick oats
- 2 Tbsp ground flax
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup almond butter (or any nut butter)
- 1/4 cup honey
- 1/2 cup unsweetened vanilla almond milk
- 1 tsp vanilla extract
- 1/3 cup mini chocolate chips (optional)



## avocado toast

### Ingredients:

- Wheat bread
- Avocado
- Hardboiled egg (optional)
- Salt & Pepper (optional)
- Diced or sliced tomato (optional)



# let's get brushing

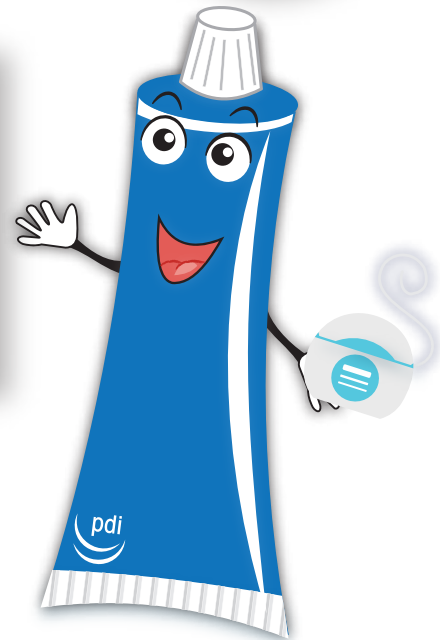
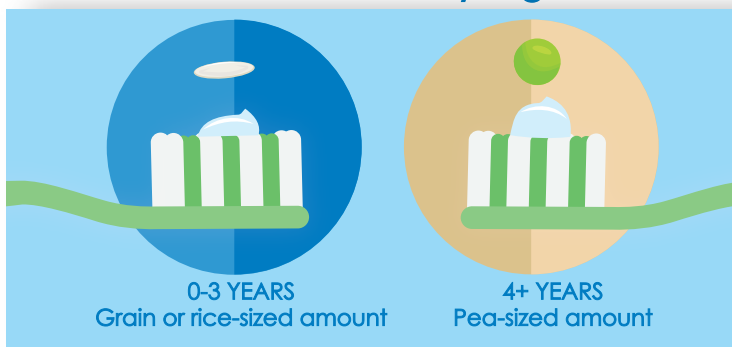


- **Start early.** No teeth? No problem. Simply going through the motions of brushing and cleaning gums can make a difference in your child's oral health.
- **I can do it.** If your child shows signs of independence and insists on brushing their own teeth, this is good and time to let them! Remember to proudly "check out" their work and casually offer some touch-ups of your own until the age of 12.
- **Set a timer or sing a song.** Create a fun way to keep your child engaged in the act of brushing their teeth for the recommended 2 minutes.

Children 3 years and under should use about the size of a grain of rice. Once they get older, around 4 years old and beyond, they can begin to use a pea-sized quantity of toothpaste.

How much toothpaste should my child use?

## Recommended toothpaste amounts by age:



Why should we use Fluoride toothpaste?

## Fluoride strengthens teeth:

Our mouths contain bacteria that combine with sugars in the foods we eat and the beverages we drink, produce an acid that harms our teeth. Fluoride strengthens teeth by fighting off this acid and even reversing early signs of tooth decay.

Have your child start using fluoridated toothpaste once they are able to spit, usually by the age of 2. Till then use non fluoridated toothpaste.



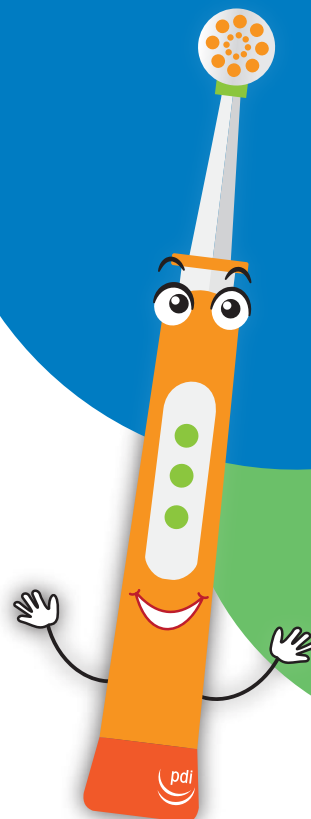
You can find more resources at:  
[healthychildren.org](http://healthychildren.org)  
Powered by pediatricians. Trusted by parents.  
From the American Academy of Pediatrics



# Word Search

BRUSHYOURTEETH  
 HEALTHYSMILE  
 TOOTHDECAY  
 TOOTHBRUSH  
 DENTALFLOSS  
 TEETH  
 TOOTHPASTE  
 GUMS  
 CAVITY  
 MOUTH  
 SMILE  
 DENTIST

N X R L T O O T H B R U S H Q  
 T B Q D E N T I S T N D Q I M  
 J O R V I V X Y V C A K G D H  
 T D O U S Y J L T A G B R E E  
 D J W T S M R C I V D K L N A  
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 M G R D H B T S L Y O C D T E  
 S T Y T J L M M C X L N U X H



HELLO  
 Summer



# pdi Pain Busters BRUSHING CHART



pdi Pain Busters want you to continue brushing and flossing everyday.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



AM



AM



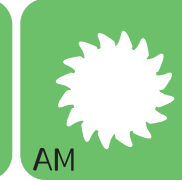
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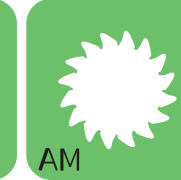
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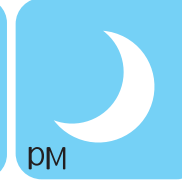
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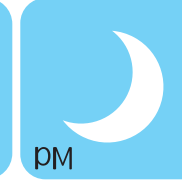
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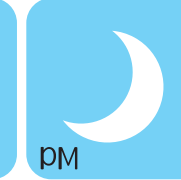
PM



PM



PM



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Name: \_\_\_\_\_

Together, We Make Kids Smile



Pediatric Dental Initiative

## Instructions

- Place Brushing Chart on your bathroom wall where your child can reach it.
- Encourage your child to brush and provide your child with a sticker to place on the chart according to the day of the week morning time or night (Brushing must be done every day after every meal or twice daily) and remind your child to floss.
- By the end of each week reward your child by sharing an activity together taking a trip to the park, cooking a favorite meal, playing board games, riding bikes around the neighborhood, planting vegetables or flowers in the yard, participating in their favorite sports (Physical activities make Healthy Kids!)

