

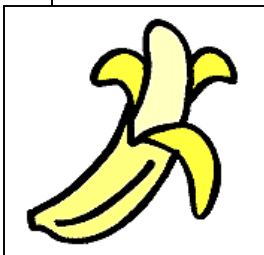


Dear Parents,

Today, your child had an oral health lesson presented by the Children's Dental Network. We talked about the importance of eating snacks that are good for growing bodies and for healthy teeth. Your child learned there are 2 ways to think about tooth-healthy snacks:

- Choosing foods low in sugar
- Choosing starchy foods that do not cling to teeth after being eaten.

Foods like potato chips and crackers leave particles that remain on teeth feeding plaque bacteria long after the snack is finished. Fruit roll-ups and other sweet, sticky snacks do the same. Feeding the bacteria releases acid that decays teeth.



Some foods that we suggested for snacks are:

- Fresh fruits and vegetables
- Cheeses, yogurt, and milk
- Hard-boiled eggs, small pieces of meat

Children learned about how to brush and floss. They also watched a short video showing how dental sealants can protect the deep grooves and pits of permanent molars. You might want to ask your child's dentist if sealants would be a good choice for your child.

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Children's Dental Network

Visit www.ChildrensDentalNetwork.org for more information.