



A HEALTHY DIET IS IMPORTANT TO A HEALTHY SMILE.
EATING A BALANCED DIET OF FRUITS, VEGETABLES, GRAINS
AND MILK IS GOOD FOR YOUR BODY AND YOUR TEETH.

MetLife

Healthy Smiles Coloring Pages

Seven *quick* children's dental tips:

Parents, guardians, grandparents and babysitters — **brush up** on important facts to help children stay on top of their dental health. Check out the tips below.

▶ **Like everyone else, children should brush their teeth at least twice a day.** Brushing helps get rid of the food particles and plaque that can cause tooth decay and gum disease. That's why it is the first step to a healthy smile. And don't forget to have them brush their tongues.

▶ **Children should floss at least once a day.** Although twice is better. Flossing is just as important as brushing. It helps get rid of the plaque and food particles caught between the teeth — the spots that a toothbrush can't reach.

▶ **Follow the schedule your dentist recommends for dental visits.** Children should visit their dentists regularly. Just how often depends on the age and needs of the child. During a checkup, his or her teeth will be cleaned and the dentist will look for potential problems. The earlier a problem is found, the easier and less expensive it is to treat.

▶ **Eating a balanced diet of fruits, vegetables, grains and milk is good for a child's body and teeth.** Children shouldn't snack too often. But

when they do snack, choose something healthy. And stay away from sticky foods. The idea is to limit sweets, breads and other foods that may lead to cavities. Balance is the key. Even too much fresh fruit can lead to tooth decay.

▶ **If a child's permanent tooth is knocked out there is a chance it may be saved.** Hold the tooth by the crown, not the root. If the root is dirty you can rinse it carefully in water. Don't scrub. Gently put it back in place in the child's mouth. Then have the child hold it there while you head to the dentist. If that doesn't work, put the tooth in a cup of milk and get to the dentist as soon as possible.

▶ **Children and teething infants should not drink or eat anything sweet after they brush their teeth for bed.** This includes milk, which has sugar too. If needed, only give them water. Otherwise, you may increase their risk for tooth decay.

▶ **Children should wear mouth guards anytime they get on the field, court or rink.** Mouth guards help protect their teeth from chipping or getting knocked out. You can get a guard from your dentist, a pharmacy or a sporting goods store.

IT'S NEVER TOO EARLY TO PREVENT DENTAL DISEASE!

Get more coloring pages and discover other fun activities to help teach children about good oral health. Visit the Kid's Dental Health Corner. Go to [metlife.com/dental](https://www.metlife.com/dental) and click on MetLife Oral Health Library.

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