

Back to School is here - Are your teeth school ready?

A new school schedule, a new sports schedule, a new teeth schedule, what's your new routine?

Reenergizing good oral health habits is easy when you add 2Minutes 2X's a day to your back to school routine. Brushing 2Minutes 2X's a day and flossing first when teeth are touching, with mommy or daddy to watch, help, and set an example is always more fun.

Mirror Mirror on the Wall - looking in the mirror to make sure you floss and brush away all the food and sugar that sticks to their teeth and tongue is a great way to teach healthy habits. With all the new brushing apps to choose from your 2Minutes 2X's a day routine can be a breeze.

With so many goodies at school keep an eye on snacking and drink choices, with sugar less is more.

This new school year may mean a new fluoride prescription or change in your child's fluoride dose. This is important for us to discuss at your check-up.

Back to school also means Dental Notes for your school Nurse. Remember, healthy teeth means fewer visits to the Nurse and less calls to you. Don't worry about bringing the note to your appointment, we have them for you.

Protect their smile when participating in sports and physical activities, let's talk about which type of mouth guard is best suited for your child's sport.

Together we will make you smile.
Remember, we're here just for kids.

At [dr. fern's](#) we're serious about smiles and we want your child to have the best and brightest