

Delta Dental of Kansas KIDS WELLNESS PROGRAM



At Delta Dental of Kansas, we know it can be challenging to get children interested in taking care of their teeth. That's why we created five fun activities to help motivate kids to make good oral health decisions.

Teachers and parents can visit [DeltaDentalKS.com/KidsWellness](https://www.DeltaDentalKS.com/KidsWellness) to learn how to implement the challenges, download activity flyers and get reward ideas.

Bonus! Teachers who utilize the Kids Wellness Program in the classroom are eligible to apply for free Smile Kits (a toothbrush, toothpaste and floss) for their students to pair with the program. More information on applying for Smile Kits can be found at [DeltaDentalKS.com/CommunityBenefit](https://www.DeltaDentalKS.com/CommunityBenefit).

[DeltaDentalKS.com/KidsWellness](https://www.DeltaDentalKS.com/KidsWellness)



Challenge 1: Say No to Cavities Club

Use a special calendar to mark when kids brush their teeth twice a day, floss once a day and visit the dentist.



Challenge 2: Sugar Swaps

Swap sugary foods for healthy options two times a day for a week.



Challenge 3: Protect Your Mouth

Pledge to wear a mouthguard for every sports practice and game!



Challenge 4: Think About Your Drink

Kids think about what they're about to pour into their glass, making one healthier choice every day for a week.



Challenge 5: Healthy Holidays

Help kids not overdo the candy filled holidays (like Halloween) by offering rewards for a candy swap.