

Plainville Public Schools

Importance of Oral Hygiene

Dear Plainville Public School Families,

Good oral hygiene is an important part of your child's overall health and well-being. Establishing healthy dental habits at a young age can help prevent cavities, gum disease, and other dental concerns while promoting a healthy, confident smile!

We encourage families to remind students of the importance of daily dental care, including:

- **Brushing twice a day:** Brush teeth every morning and before bedtime for two minutes using fluoride toothpaste.
- **Flossing daily:** Floss between teeth at least once a day to remove food particles and plaque that toothbrushes may miss.
- **Making healthy choices:** Balance sugary snacks and drinks, and choose water whenever possible.
- **Visiting the dentist:** Schedule regular dental checkups and cleanings to help maintain healthy teeth and gums.
- **Need dental hygiene supplies?** We are here to help!

If your student is in need of dental hygiene items, such as a toothbrush, toothpaste, or floss, please reach out to the school nurse. Students are welcome to stop by the health office at any time to request supplies, or parents/guardians may contact the school nurse directly. We are happy to help support your child's dental health needs!

Thank you for partnering with us to promote healthy habits and happy smiles. Together, we can help our students build healthy routines that last a lifetime!

Warm regards,
Plainville Public School Nurses

