Sunny Summer Smiles - Keep your smile bright!

Hooray - school’s out! Summer vacation is here, and that means it’s time to enjoy the sunshine and warm weather. Even though this summer is a little different, we can still do fun things like swim, hike, and play. Even though you’ll be busy having fun, remember to take care of your teeth so you can keep smiling!

1) **DRINK WATER** - It’s hot now, so you’ll need to make sure you keep yourself hydrated. Drinking water will help keep both your body AND your mouth healthy. Check out some of our tasty water ideas on the next page.

2) **SUMMER SNACKS** - Summer is a great time to snack on lots of fruits and vegetables because they will taste so good and refreshing when it’s hot out! Check out some summer snack ideas on the next page.

3) **BRUSH & FLOSS** - You might be on vacation, but the sugar bugs are not! That means you should still brush and floss your teeth everyday to keep the sugar bugs off of your teeth. Remember to brush your teeth 2 times everyday for 2 minutes each time and to floss at night.
Tasty & Fun Water Ideas

During these hot summer days, it’s important to keep ourselves hydrated. Sometimes we might enjoy some lemonade, juice, sports drink, or soda, but if we have them all the time these drinks will hurt our teeth. Water is the best choice to drink, and water from the tap may have fluoride vitamins which help keep our teeth strong. Here are some ideas to help make your water tasty and fun:

- **Add your favorite fruits to your water**: Slice up some of your favorite fruits and put them in your water. Use room temperature or cool/cold water for the best result. Leave the fruit in the water - 2-5 hours on the counter or 4-6 hours in the fridge - to get the fruity taste in your water. The longer you leave the fruit in the water, the more flavor your water will have!
- **Some of our favorites are**: strawberries, blueberries, pineapple, watermelon, lemon/lime, oranges, kiwis, cucumbers, and mint. You can also mix and match to find your perfect combination!

Tooth Friendly Summer Snacks

Summer activities like swimming, hiking, and playing can make you hungry. When snacking after activities, we can pick some tooth friendly snacks to help keep the sugar bugs away. Try to limit cookies, cakes, and other sweet treats to special occasions, and instead fuel your body with some of these:

- **Fresh fruit** - Fresh fruit kabobs can be made with your favorite fruits. You can even use cookie cutters with fun shapes to make your kabobs shine!
- **Smoothie popsicles** - Smoothie popsicles are a great way to have a yummy snack and cool off at the same time! Make a smoothie using your favorite fruits with some yogurt or milk and some ice, and pour them into a popsicle mould or ice tray. Put popsicle sticks in, freeze until hard, and enjoy!
- **Healthy dips** - Nut butters make a great dip for fruit slices like apples, pears, and bananas. Guacamole or hummus make great dips for veggie sticks like carrots, cucumbers, bell peppers, broccoli, and more.
- **Quick snacks** - Cheese sticks and nuts are great quick snacks that you can grab when you’re on the go.

Printable Activity Sheets

Here are some activities to do at home that will help you learn about keeping your sunny smile healthy!

- **Beverage activity** - http://www.ada.org/~media/ADA/Public%20Programs/Files/2017NCDHM-stoplightmilk%20edit.pdf?la=en
- **Food as Fuel activity** - https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Back%20to%20School/ADA_BTSFoodConnect.pdf

If you are not already enrolled in the Forsyth Kids program at your school and want your kids to see us, please email us at forsythkids@forsyth.org.

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