

# Back to School

## NEWSLETTER

### Welcome Back To School!

As the summer days wane and the school bells start ringing, we want to ensure that your child's orthodontic journey continues smoothly. Here are some tips, reminders, and exciting news to help kick off the school year with a confident smile!

### DJC approved snacks!

- Yogurt
- Cheese
- Applesauce
- Soft-cooked chicken or turkey pieces
- Pudding cups



### Ortho Tips for the New School Year

#### Pack an Ortho-Friendly Lunch:

- Avoid sticky, hard, or chewy foods that can damage braces. Opt for soft fruits, veggies, and whole grains.
- Include orthodontist-approved snacks.

#### Maintain Oral Hygiene:

- Encourage your child to brush and floss after every meal.
- Pack a small orthodontic care kit with a toothbrush, toothpaste, floss, and orthodontic wax.

#### Mouthguard Reminder:

- If your child participates in sports, ensure they wear a mouthguard to protect their braces and teeth