

# Creating a Healthy Routine At Home



Despite changes to normal daily routines for children and adults, there are still things you can do to help your child keep their oral health routine intact.



## **Set regular wake and bed times**

Sleep is crucial to keep the immune system functioning properly, so make sure kids are getting enough sleep!



## **Regular brushing and flossing**

Help kids brush their teeth twice each day with fluoridated toothpaste, and floss once each day. Oral hygiene and overall hygiene are important to stay healthy.



## **Focus on healthy foods**

Help kids eat healthy foods by offering fruit and vegetables as much as possible, daily if you are able. It is a good idea to try to have set meal times and snack times to avoid kids (and adults) snacking all day.



## **Drink tap water**

Encourage kids to drink water and avoid sugary beverages.



## **Set time limits for screens**

For those children doing school work, schedule in break time to alternate with periods of focus. For younger children, quiet activities like looking at books, playing with modeling clay, building with Legos and coloring can be a much needed break from screens.



## **Spend time outside**

Walking is great exercise, but even more importantly, time in nature and sunlight aid in well-being (while maintaining social distancing).



## **The Power of Smile™**

Learn more about how your oral health connects to your overall health.