

Healthy Smiles *for Norco*

Practical oral health advice for Norco families and businesses
A MONTHLY COMMUNITY ORAL HEALTH COLUMN BY DR. KEVIN Y. KIM, DDS

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Back-to-School Smiles: 5 Simple Ways to Help Your Child Start the School Year Healthy

As Norco families check backpacks, buy school supplies, and settle into new routines, one important item can be easy to overlook—a healthy smile.

A few simple habits now can help children avoid dental problems, stay comfortable, and miss fewer school days.

“
*A healthy smile
helps children
learn, speak, eat,
and smile with
confidence.*

”



1 Schedule a Dental Checkup

Routine exams and cleanings can identify cavities and other concerns early—before they become painful or interrupt the school day. Even when a child has no symptoms, preventive visits help keep small problems small.



2 Replace Toothbrushes

Replace toothbrushes about every three months, sooner if the bristles are frayed, or after an illness. Choose soft bristles and a brush that fits comfortably in your child's mouth.



3 Pack Smile- Friendly Snacks

Choose options like cheese, fruits, veggies, and water. Limit sticky or sugary snacks and drinks that feed cavity-causing bacteria.



4 Protect Their Smile During Sports

For football, soccer, basketball, martial arts, and other contact activities, a properly fitted mouthguard can reduce the risk of dental injuries.



5 Make Brushing a Daily Habit

Brush with fluoride toothpaste for two minutes, twice a day, and floss once daily. Younger children may still need supervision. Make it fun and stay consistent!



About Dr. Kevin Y. Kim, DDS

Dr. Kevin Y. Kim has over 20 years of experience serving Norco families. He is a graduate of Loma Linda University School of Dentistry and a member of the ADA, CDA, and TCDS.



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