



Teen Teeth



With extra care and some gentle reminders from mom and dad, a teen's oral health will be in great shape for the college years and beyond.



- ✓ **Do** keep an eye out to make sure your teen is maintaining good oral health habits.
- ✓ **Do** buy sugar-free gum if your teen chews gum.
- ✓ **Do** keep healthy snacks on hand for hungry teens.
- ✗ **Don't** stock up on sodas and sports drinks for your teen.
- ✗ **Don't** let your teen play contact sports without a mouthguard.
- ✗ **Don't** approve a tongue or lip piercing.

EMPOWERING SMILES
from **Ahh** to **Z**

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