

# STARSMILEZ® AT HOME

For over two decades, StarSmilez® products have aided dental professionals, pediatricians, health educators, parents and many others in helping to teach children how to develop good oral health habits. StarSmilez® personalities are a great way to educate young patients on dental procedures and proper oral care. These plush personalities make an office checkup a fun, educational experience that helps patients feel more confident about their smiles. Here are some tips and tricks on how to use StarSmilez® Personalities at home.

## **TEACHING ORAL HEALTH**

- **Oral cavity prevention** – Good overall health and good oral health go hand-in-hand. It is our responsibility to teach good oral hygiene habits to children so that we can give them the opportunity to lead longer, healthier lives. Proper brushing and flossing habits can be some of the most challenging to teach and reinforce. Kids often think that a “good” brushing lasts about five seconds. Our job is to teach them not only that brushing is a serious task that takes some time, but also that it’s a rewarding undertaking that is part of a healthy lifestyle.

Use the Large StarSmilez® and the Oversized Toothbrush to demonstrate the proper way to brush teeth. Point out all the places in their mouths that they need to remember to brush. Have them point to the areas in their own mouths as they follow along to make sure they know where to brush. Let your son/daughter brush the characters teeth themselves to show you what they have learned, and praise them for brushing correctly.

- **Flossing your child’s teeth** – Flossing is important for oral health, but must be done correctly. When your son/daughter reaches an age where they begin to floss, use a StarSmilez® Personality to show them the correct way. Demonstrate how to hold the floss and then use the flossible locations in the model to teach your child correct flossing techniques. After teaching the flossing techniques to your son/daughter, let them try flossing the StarSmilez® Personality on their own. This way you can make sure they understand the proper way to floss.

## **WAYS TO IMPROVE ORAL HEALTH AT HOME**

- **Positive reinforcements make brushing fun** – Encourage your son/daughter to brush their teeth by making it a rewarding experience. Keep track of your child’s brushing habits throughout the week. Make sure to tell them “good job” after each time brushing. Get them excited about showing you their teeth by asking to see their bright white smile. If you are excited, your child will be excited too!

*QUICK TIP: Print a Brushing Chart from our Activities page online and use it to keep track of your child’s daily brushing habits.*

- ***Make it a family affair*** – Brush your teeth with your children. Let them see you taking care of your smile. Children are more likely to follow healthy habits when they see their parents practicing healthy habits as well.
- ***Encourage healthy choices*** – Don't just teach your kids to brush their teeth, also teach them the importance of healthy eating. Here are some helpful tips for healthy choices!
  - **Drink plenty of water daily**
  - **Eat fiber-rich raw food such as apples, carrots, cucumbers, etc.** (these massage gums and help clean teeth as you chew. They also increase salivation, which neutralizes acids and alkalis within the mouth)
  - **Eat or drink calcium rich food such as milk, cheese, yogurt, etc.** (calcium helps to strengthen teeth and bones and is essential for growing children)
  - **Snack on nuts such as cashews, peanuts, almonds and walnuts.** (these nuts are rich in calcium, magnesium and phosphate, which are important nutrients for dental health)
  - **Brush your teeth after eating meat** (if meat fibers stuck in your teeth are left overnight, they can putrefy and release acids that will cause tooth decay)

### **STARSMILEZ® ONLINE**

StarSmilez® purpose is to improve the lives of others as advocates for great oral health. We infuse our plush teaching toys with quality and creativity, and select vendors whose ideals are similar to ours. It is through our unique, eclectic designs that we passionately serve our customers by making oral care and doctor visits fun for children and parents, and the dental professionals that serve them.

StarSmilez® offers a wide range of tools to get children excited about oral healthcare. We offer a variety of accessories that are geared towards young children such as our colorful reward stickers and Smile Children's Toothbrushes.

Visit our activities page on the web to download FREE activities for your child. Pick any activity from our Fun with Color, Fun with Games, Fun with Puzzles or Fun with Words categories and give them to your child to work on at home. Also check out our FREE certificates and award templates, use these to promote oral health care at home.

**For more information on how StarSmilez® can help you or to view our product line visit us at [www.starsmilez.com](http://www.starsmilez.com)**

