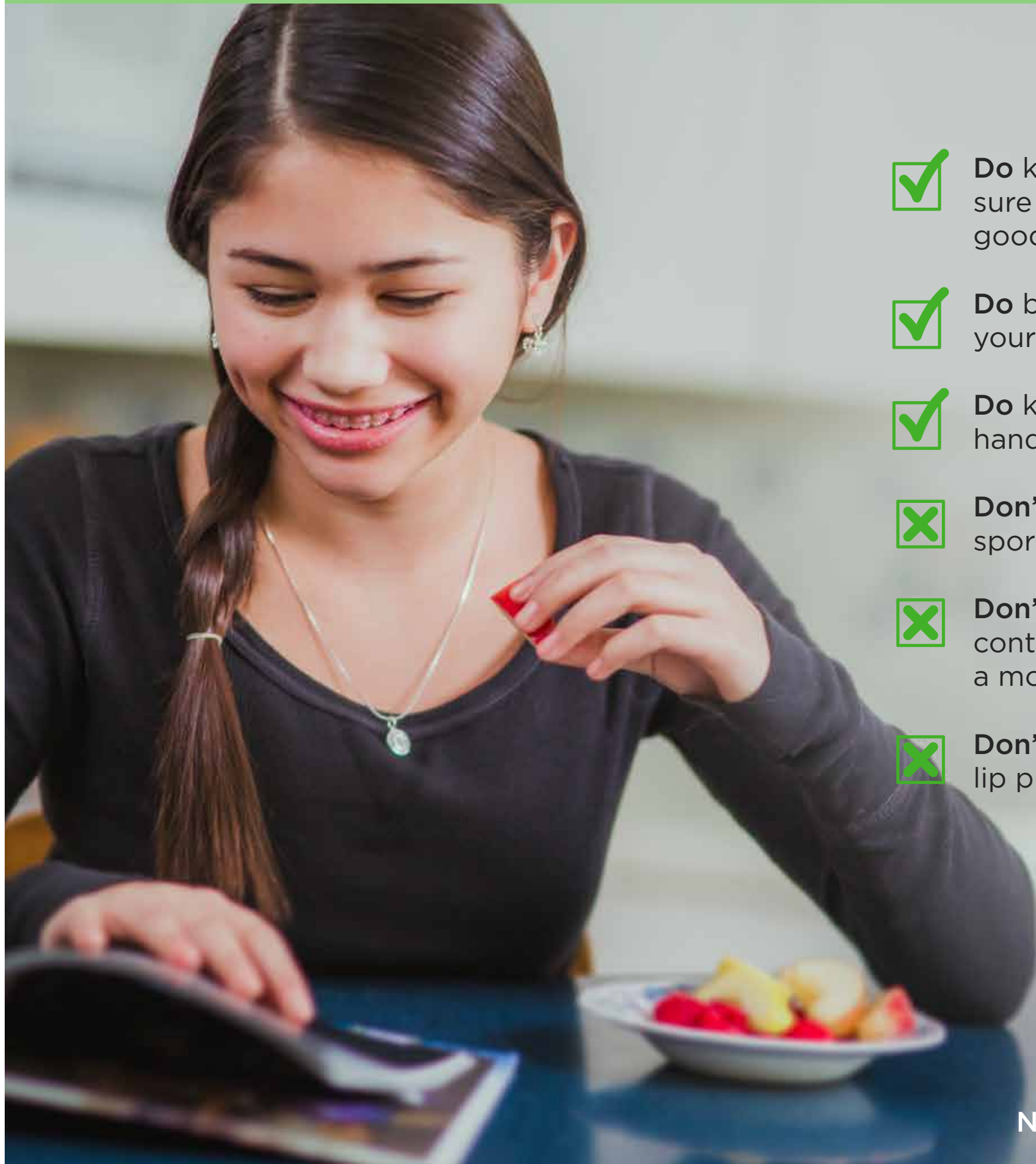




# Teen Teeth



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.