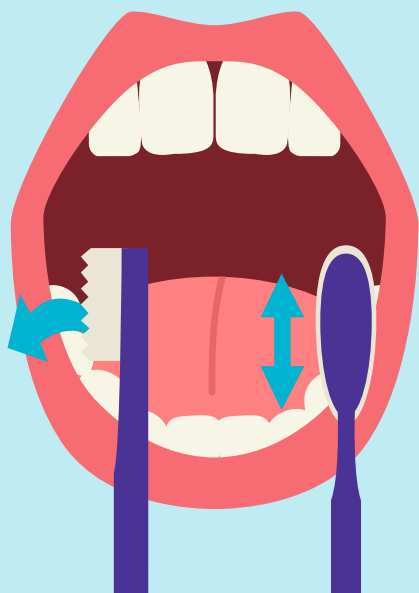




TEEN TEETH

By helping teens remember to care for their teeth and protect them from damage, you'll make sure their mouths are in great shape for young adulthood and beyond.



Make sure your teen continues to brush twice a day and floss daily.



Mouth guards are a must for almost every sport during both practices and games.



Bad habits as a teen can affect oral health as an adult.

Say "no" to tongue or lip piercings.



Limit soda and junk food.



All permanent teeth should be in by age 13.



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