

# It's Hard to Make A's with a Toothache

Over 67% of third graders in Texas have had a cavity.

**But did you know that YOU can prevent cavities?**

## How Does Oral Health Affect My Learning?

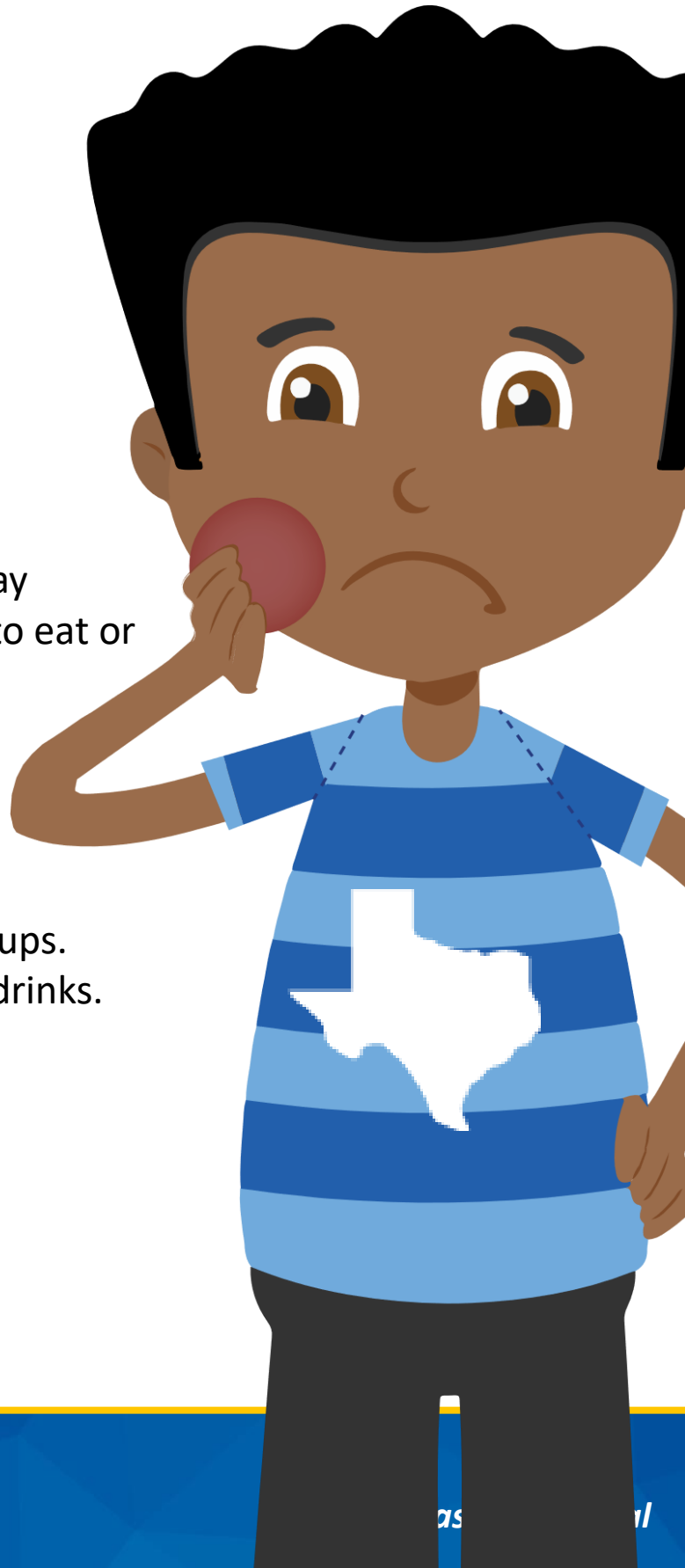
Kids with poor oral health are more likely to make lower grades and miss more school. Kids are less likely to pay attention in class if it's hard for them to eat or sleep.

## What Can I Do?

- Brush your teeth twice a day.
- Floss every day.
- Go to the dentist for regular checkups.
- Drink more water and less sugary drinks.

**Smiles**  
in Schools

*Preventing cavities and keeping kids healthy.*



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

as  
/