

# Back-to-school readiness checklist



Backpack, check. Water bottle, check. Dental and vision health? Prioritize oral and vision check-ups before school starts, and set your kids up for year-round success.

## Why?

When children have clear vision and a healthy mouth, they're better equipped to read, write and focus in class. Good oral and vision health supports better sleep, appetite, self-esteem and social interactions, all of which contribute to academic success.

**A child's oral and vision health may affect their whole body and life.**

With strong oral health, children are more likely to:

- Stay focused and be present in school
- Feel great and avoid preventable health issues
- Eat, speak and sleep with ease and comfort
- Build confidence and feel good about themselves

With healthy vision, children can:

- Engage fully in reading, writing and classroom activities
- Stay comfortable and energized while learning
- Enjoy sports, play and connect socially with confidence
- Focus better and feel more emotionally balanced



Scheduling regular checks is crucial to staying on top of your child's overall health. Go through these dental and oral care checklists to see what else you can do to set your child up with the support they need for success, academic and otherwise:



## Dental care checklist

- ☐ Was the last cleaning within 6 months? If not, schedule one.
- ☐ Ask dentist about fluoride treatments or sealants.
- ☐ Follow up on any orthodontic needs or timeline.
- ☐ Restock toothbrush, floss and mouthwash.
- ☐ Practice brushing and flossing techniques together.
- ☐ Pack a dental emergency kit (especially if child has braces).
- ☐ Teach lunch-time oral care (e.g., rinse after sweets). Follow up on orthodontic consultations if needed.
- ☐ Keep 6-month cleaning schedule going.
- ☐ Watch for tooth pain, swelling or sensitivity.



## Vision care checklist

- ☐ Was the last eye exam within 1-2 years? Schedule if needed.
- ☐ Note vision concerns (squinting, headaches, reading trouble).
- ☐ Order glasses or contacts early (allow 1-2 weeks).
- ☐ Ask about sports-specific eyewear if child is active.
- ☐ Buy backup glasses or goggles for school and sports.
- ☐ Teach care and cleaning of eyewear.
- ☐ Make sure glasses fit and feel comfortable.
- ☐ Practice inserting / removing contact lenses if used.
- ☐ Pack backup glasses in school bag.
- ☐ Inform school nurse of vision needs or accommodations.
- ☐ Monitor for changes (frequent squinting, poor focus, drop in grades).

Quick reference: When to call the doctor

Dental concerns	Vision concerns
<ul style="list-style-type: none"><li>• Tooth pain or sensitivity</li><li>• Swollen or bleeding gums</li><li>• Difficulty chewing or eating</li><li>• Damaged teeth</li></ul>	<ul style="list-style-type: none"><li>• Frequent headaches or eye strain</li><li>• Squinting or sitting too close to screens</li><li>• Difficulty reading or copying from the board</li><li>• Complaints of blurry or double vision</li></ul>

Investing in your child’s dental and vision health now sets them up for a successful school year ahead. If you have any questions or need further information, visit [deltadentalins.com/wellness](https://deltadentalins.com/wellness)

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