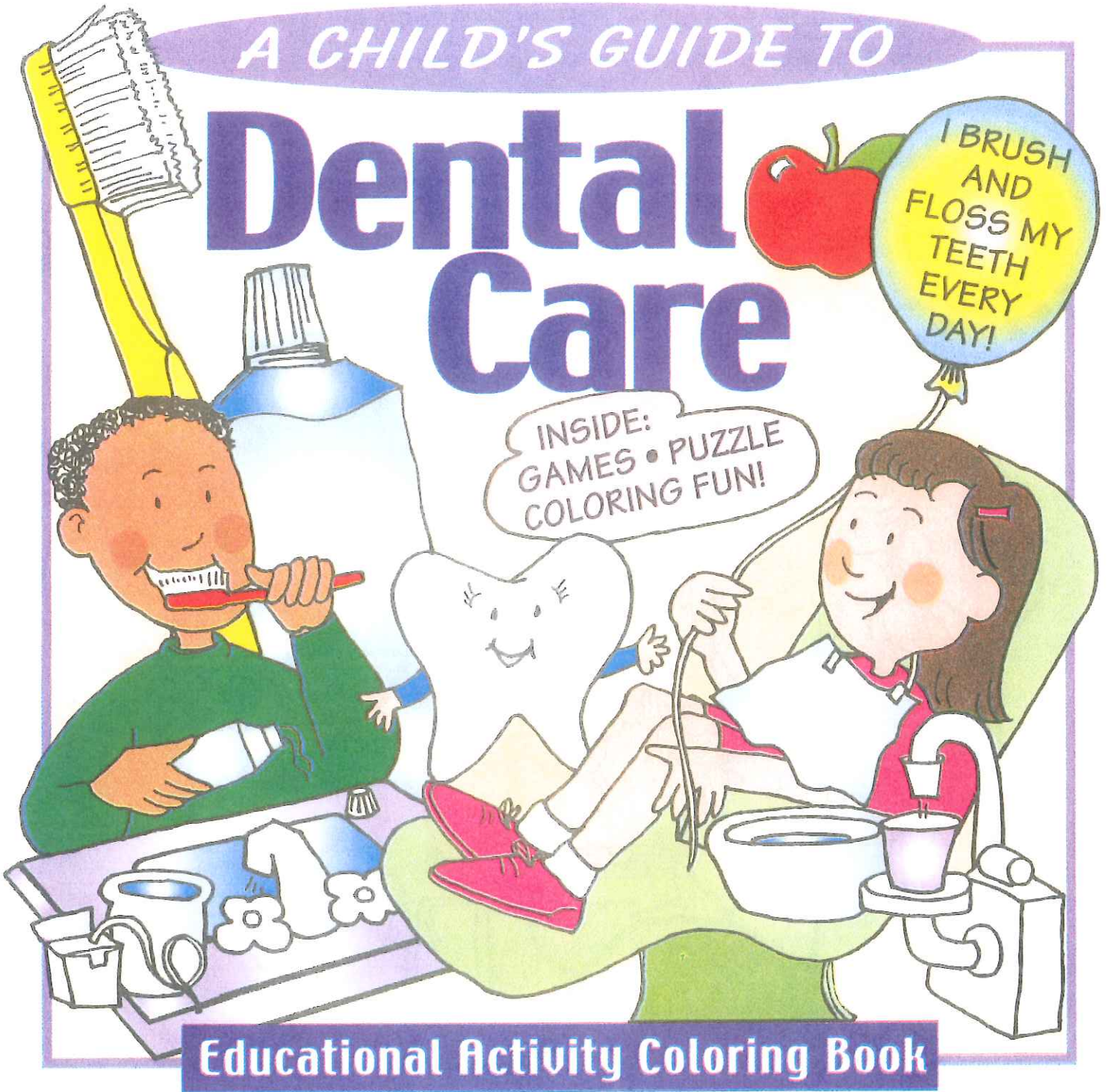


A CHILD'S GUIDE TO

Dental Care

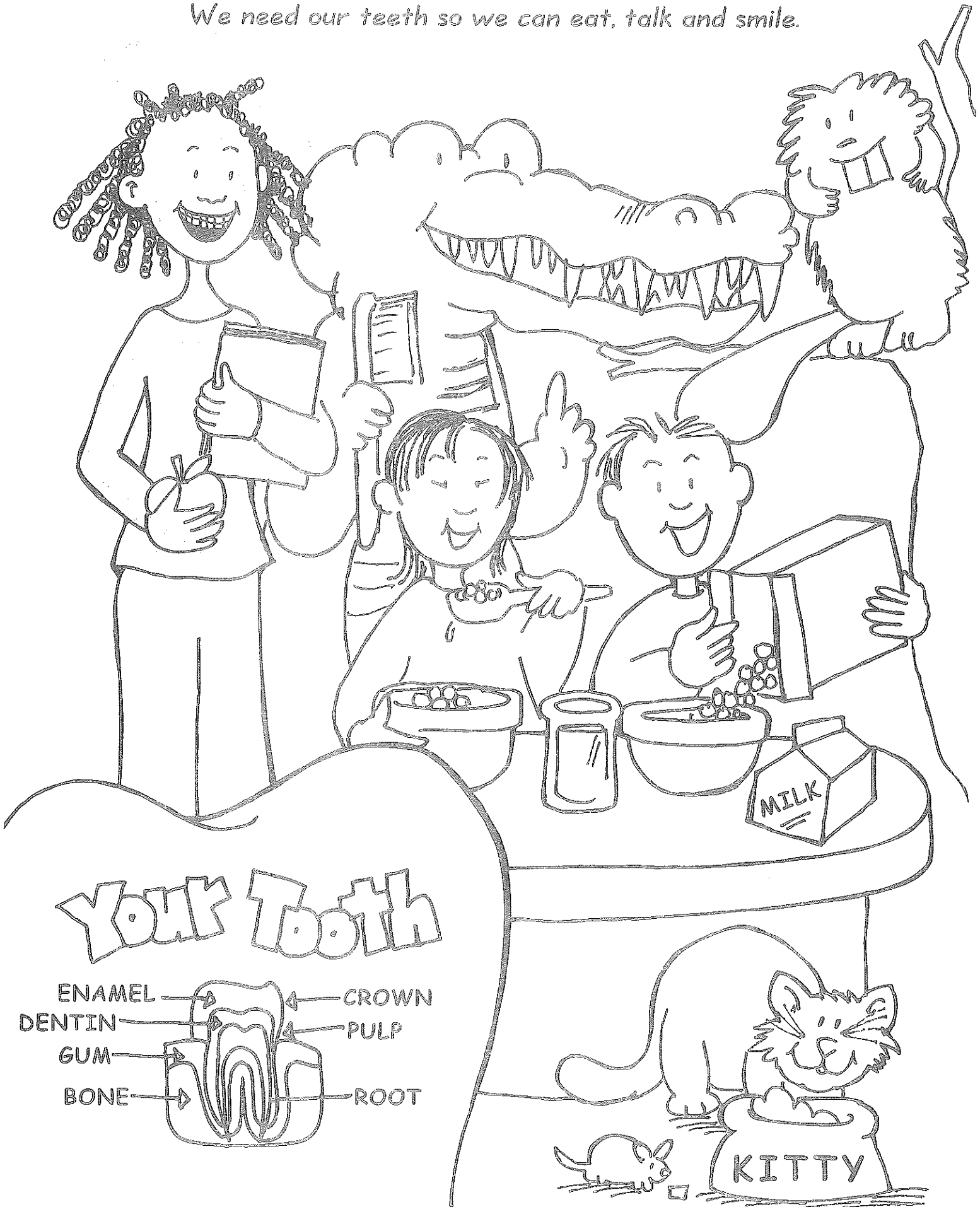
I BRUSH
AND
FLOSS MY
TEETH
EVERY
DAY!

INSIDE:
GAMES • PUZZLE
COLORING FUN!

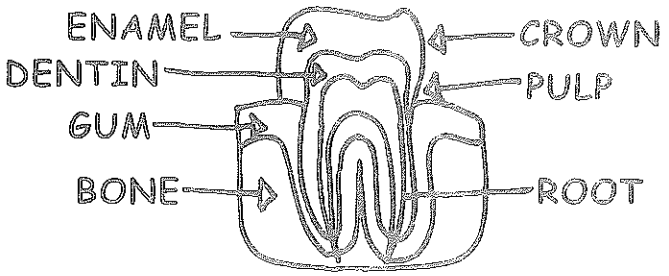


Educational Activity Coloring Book

Our teeth come in all sizes and shapes but they all work the same way.
We need our teeth so we can eat, talk and smile.



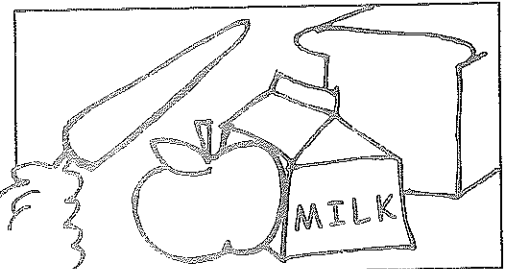
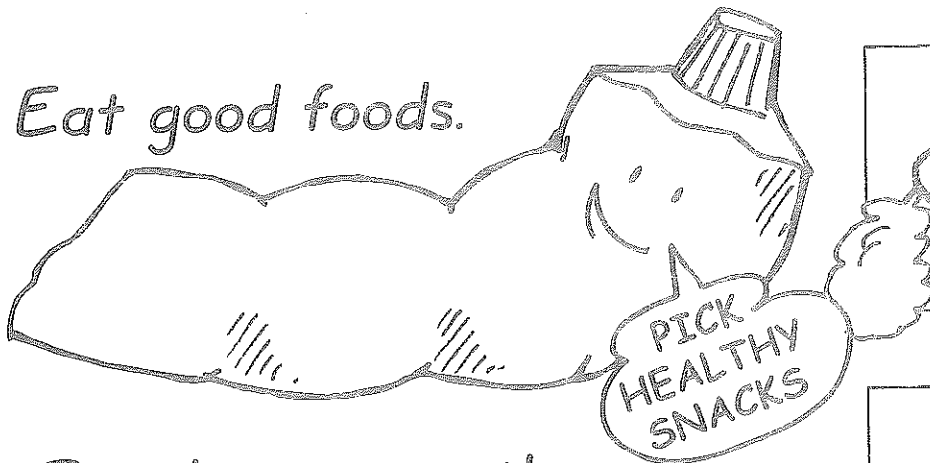
Your Tooth



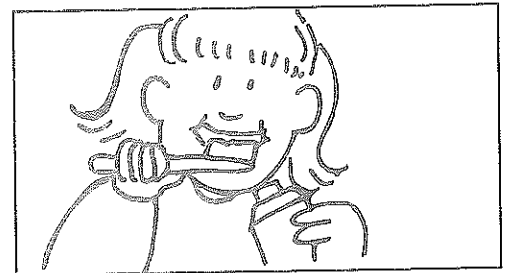
We all need to keep our teeth healthy, shiny and bright.
It is important to follow good dental habits.

Good Dental Habits

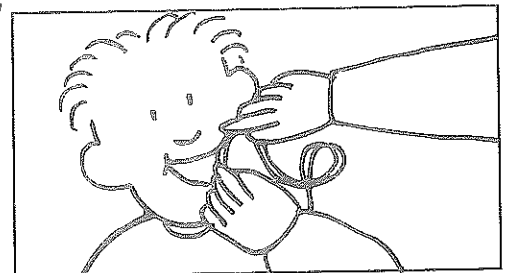
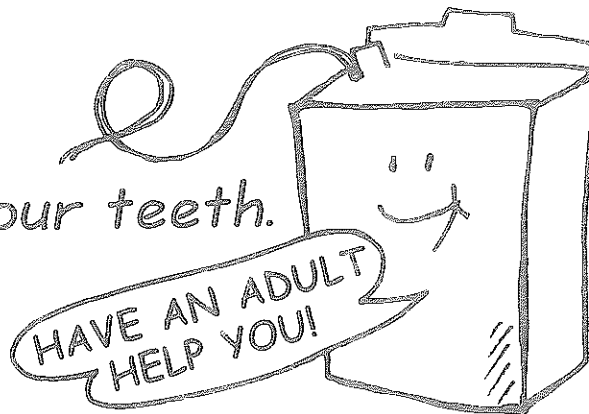
1. Eat good foods.



2. Brush your teeth.



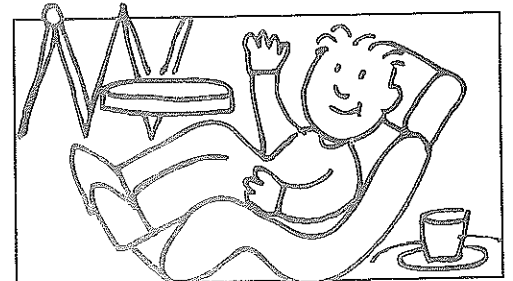
3. Floss your teeth.



4. Don't eat too many sweets.



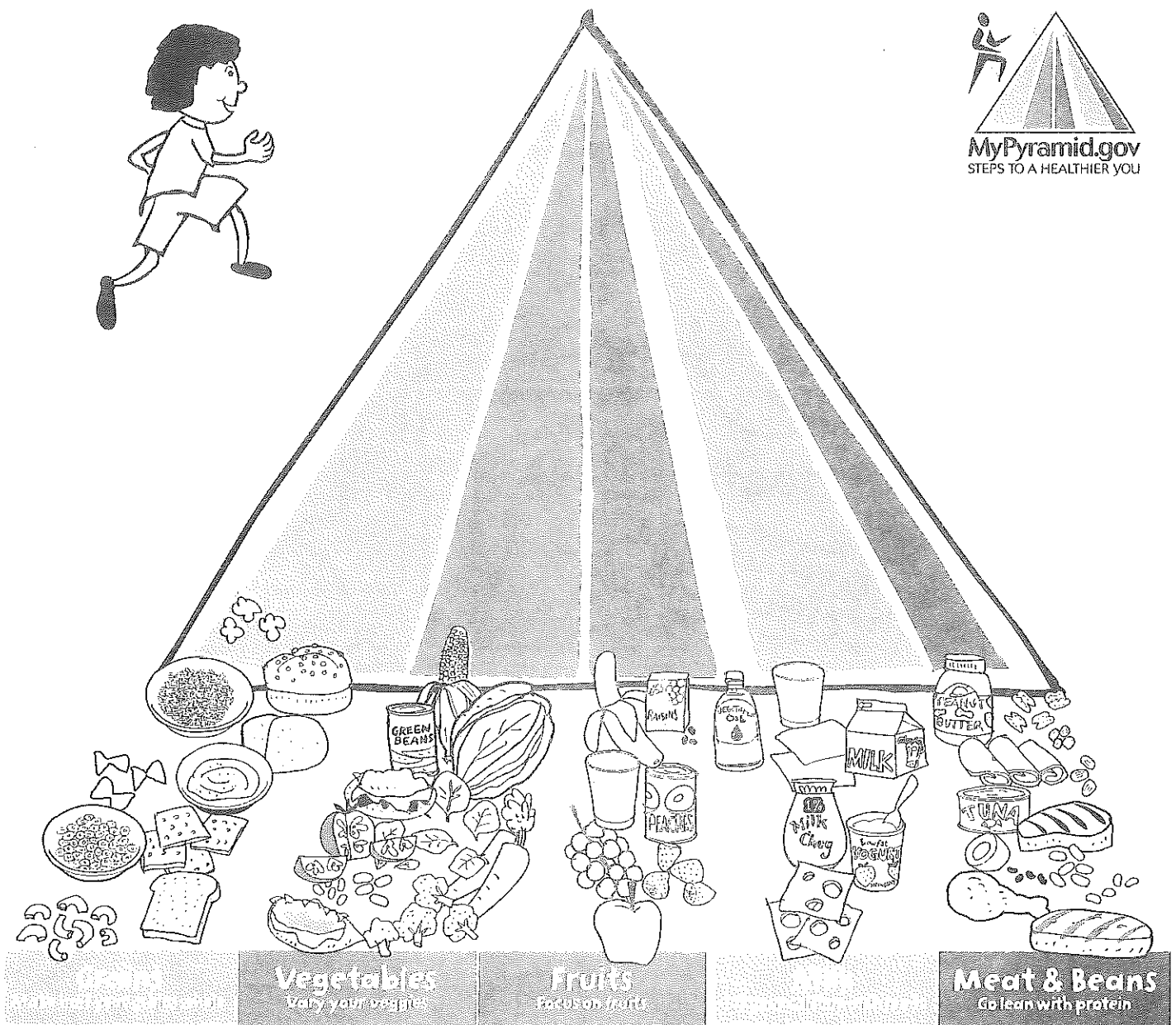
5. Visit your dentist regularly.



It's important to make the right choices when you are eating between meals. Pick foods from the food pyramid that are healthy.

Choose Healthy Snacks

Stay away from sweets like candy, sugary treats and soft drinks! Fresh fruits and vegetables like apples and carrots are good snacks.



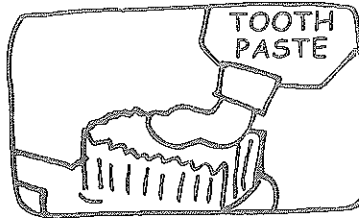
Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

When brushing your teeth, use a soft toothbrush - the kind your dentist and hygienist tell you to use.

How to Brush Your Teeth

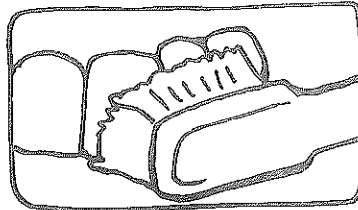
1.

Apply your toothpaste.
(Use a pea size amount.)



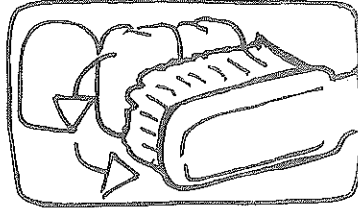
2.

Brush your front teeth.



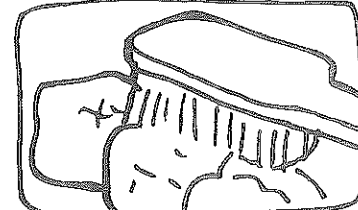
3.

Brush in a circular motion.



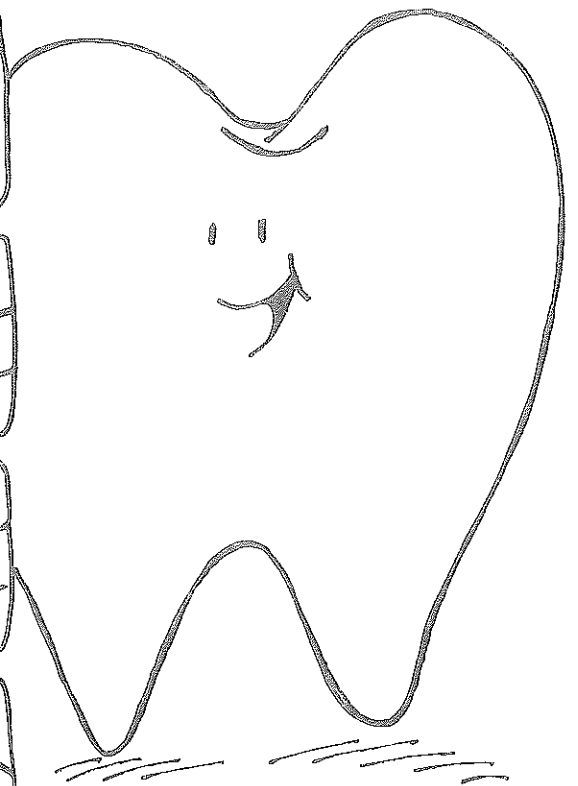
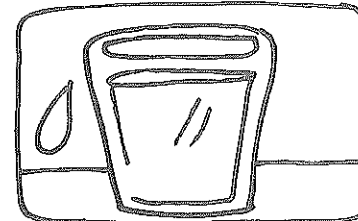
4.

Brush your back teeth.



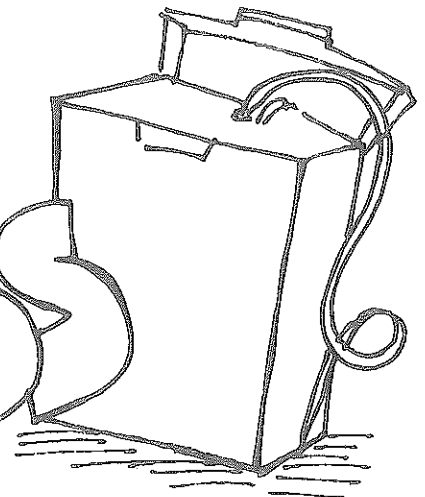
5.

Rinse your mouth and teeth.



AFTER YOU BRUSH YOUR TEETH, THEN IT'S TIME TO

FLOSS



Have an adult help you.

When you visit the Dentist's office ... your Dental Hygienist and Dentist work together as a team!

The Dental Hygienist

The DENTAL HYGIENIST will ...

- clean and floss your teeth.
- check your teeth and gums.
- take x-rays if needed.
- show you how to brush and floss.
- apply fluoride and sealants.

DRAW A PICTURE OF YOUR DENTAL HYGIENIST



When the Dental Hygienist is finished, the Dentist will begin the exam ...

The dentist will examine your teeth and gums, fix cavities and do the dental work that is needed.

The Dentist

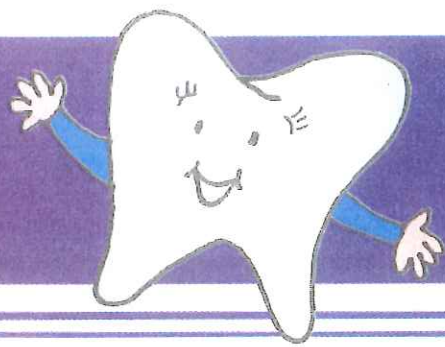


Sealants

Applying sealants (plastic material) to your molars is one way to prevent tooth decay!

Dental Care Pledge

I promise to take care of my teeth
and follow good dental habits.



- I eat healthy foods.
- I stay away from sugary snacks.
- I brush my teeth after every meal.
- I visit my dentist regularly.



DRAW A PICTURE
OF YOURSELF

NAME _____

