

grin!

for **KIDS**





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There are many reasons why fluoride is great for your teeth! Discover where you can find this magical mineral.

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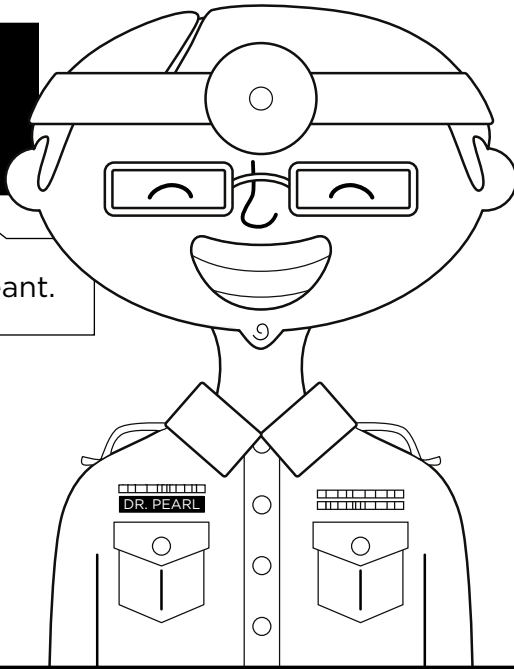
Have fun creating your very own fire-breathing friend! (Just be sure to brush so you don't have stinky dragon breath.)

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Chuckle corner

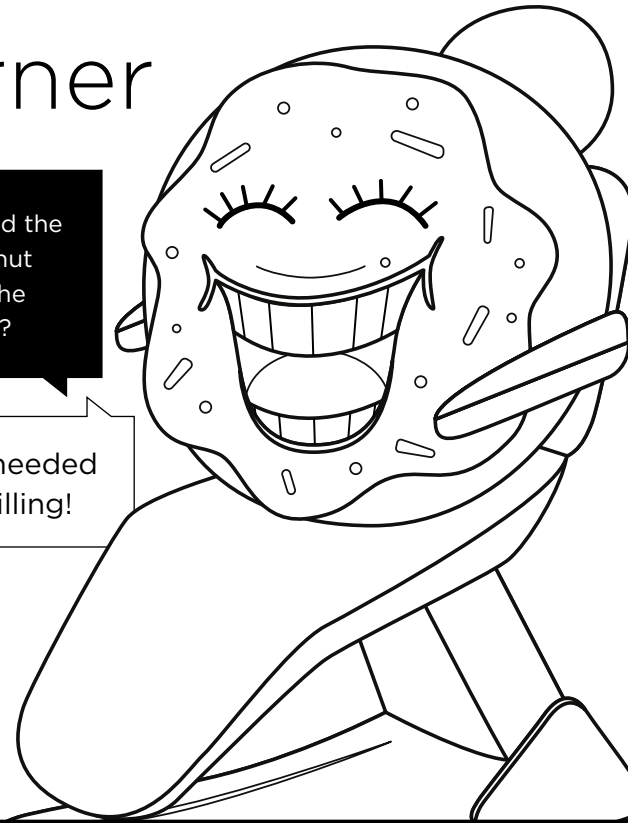
What rank did the dentist have in the army?

Drill sergeant.



Why did the doughnut go to the dentist?

It needed a filling!

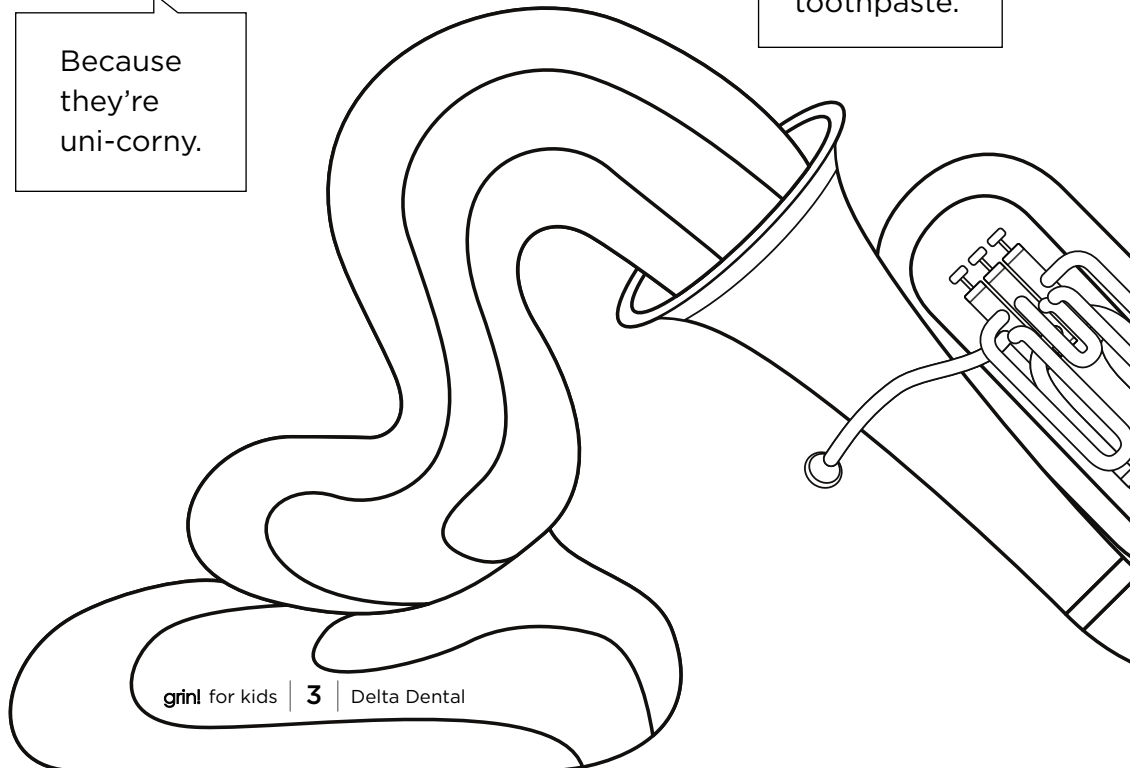
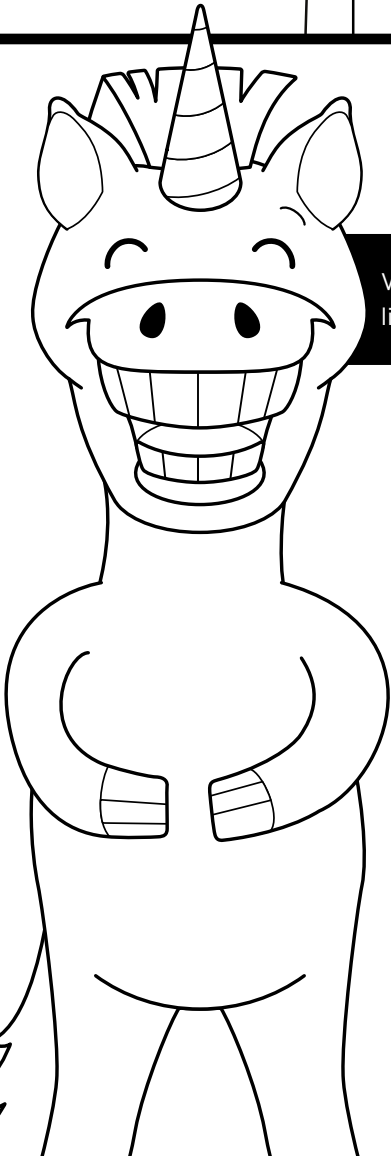


Why do unicorns like silly jokes?

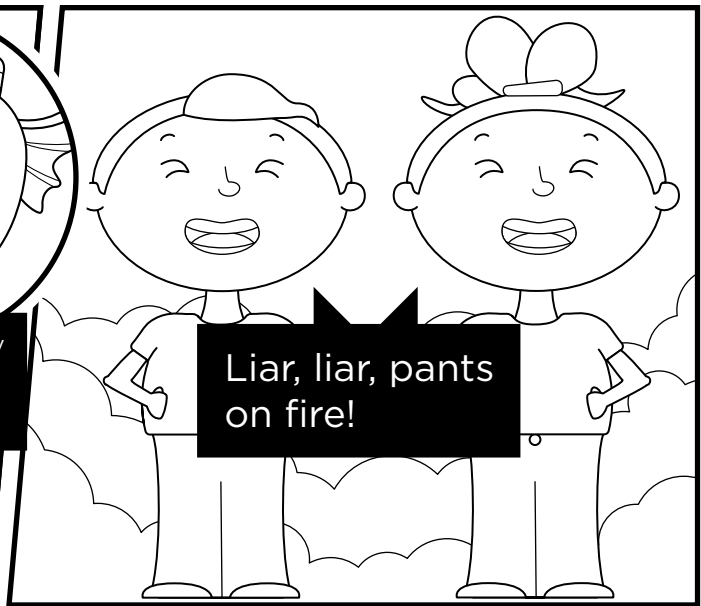
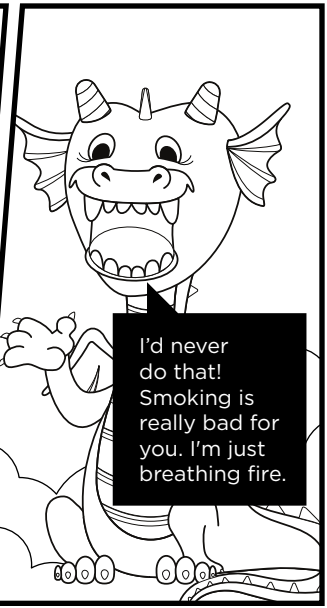
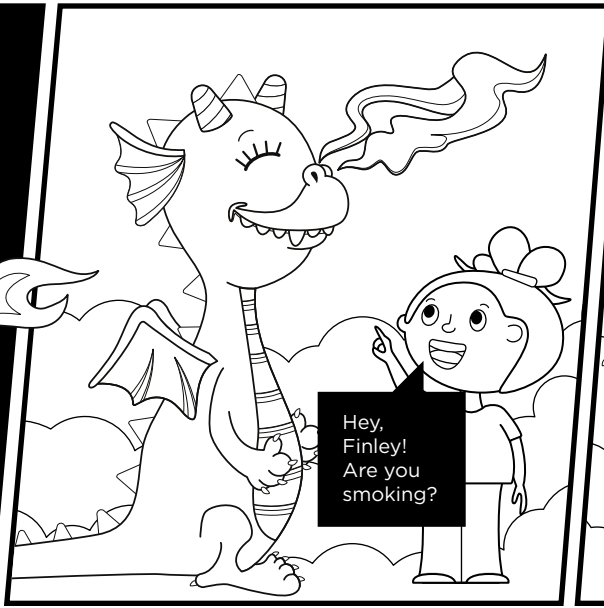
Because they're uni-corny.

How does a marching band keep its teeth clean?

With a tuba toothpaste.



ADVENTURES OF Finley Firebreather



That's the tooth!

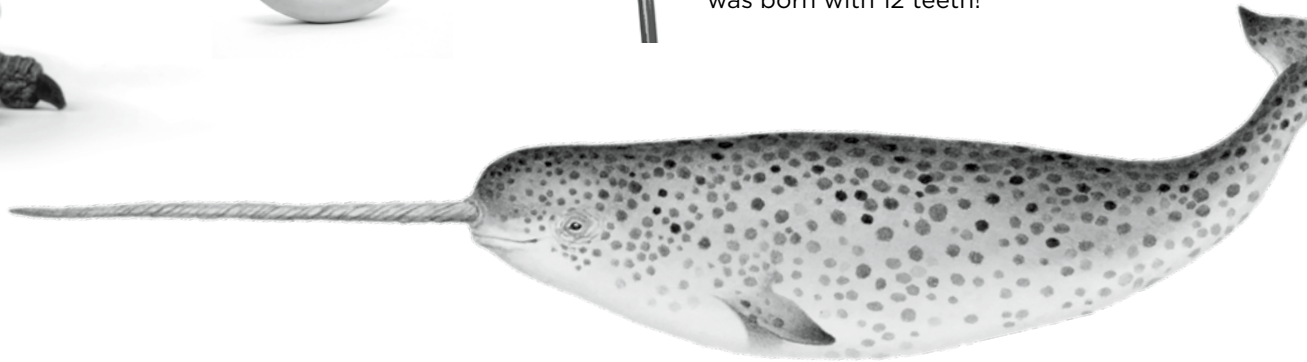
Do you know any fascinating facts about teeth? You will after you read this page!



Tyrannosaurus rex had teeth as big as bananas. That's even bigger than a dragon's teeth!



Your first baby tooth probably came in when you were about 6 months old. But one boy in the United Kingdom was born with 12 teeth!



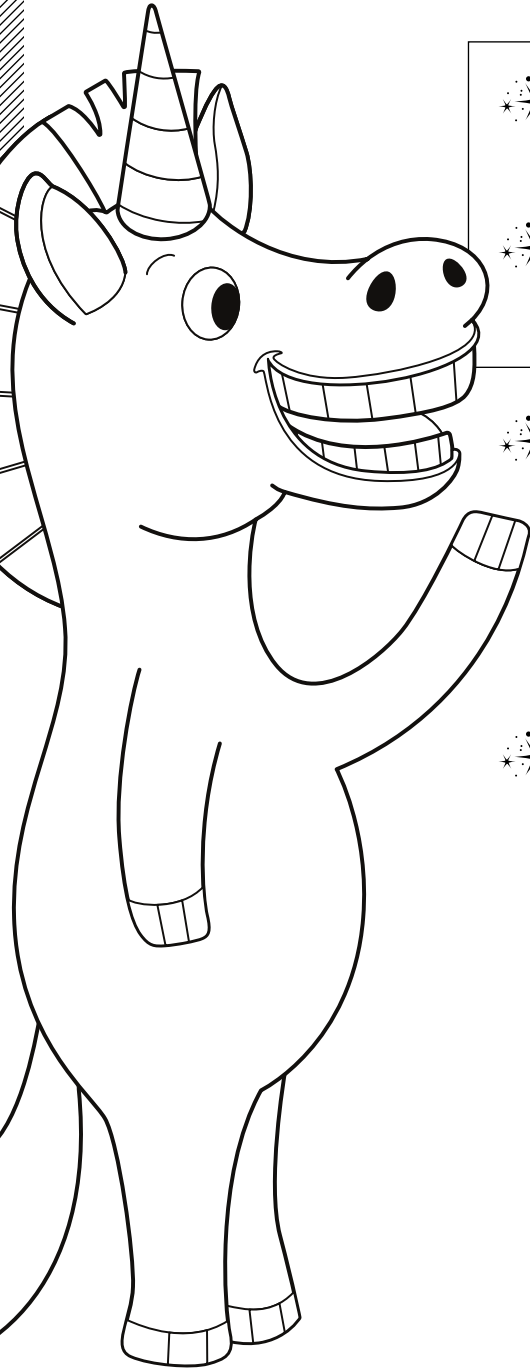
The White House has its own dental office! It sure is easy for the president of the United States to get his teeth checked.



Narwhals are called unicorns of the sea because of their unique horns. The horn is also a tooth that can grow almost 9 feet long!

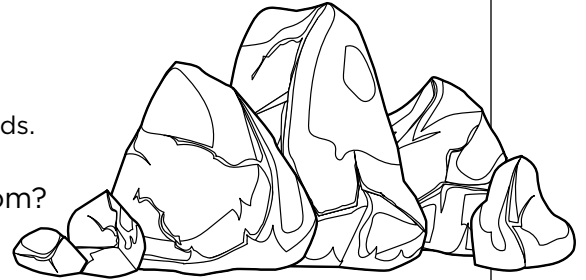
✧✧ The magic of fluoride ✧✧

Fluoride is so good for your teeth that it's almost magical. Pretty rockin', huh? Let's see why.



✧✧ **What is fluoride?**
Fluoride is a natural mineral that is found in most water and some foods.

✧✧ **Where does fluoride come from?**
Fluoride comes from rocks.
Yes, rocks!



✧✧ **Why is fluoride good for your teeth?**
Some people call fluoride "nature's cavity fighter." Sounds like a superhero! Fluoride fights cavity-causing acids and makes the hard outer part of your teeth strong. That hard part is called enamel.

✧✧ **How do you get fluoride?**



Your toothpaste usually has fluoride added. So make sure you always use fluoride toothpaste when you brush your teeth every single day. Just remember to spit out the toothpaste when you're done brushing.



Remember how some foods and water have fluoride? There usually isn't enough fluoride in them to fight those mean old cavities. That's why many towns add more fluoride to the water that comes out of the faucets. That's a pretty smart idea!



Your dentist may tell you that you need even more fluoride. The dentist can put a fluoride gel, foam or liquid on your teeth. Sometimes it's brushed on and other times the dentist applies it to a mouth guard that you put on your teeth for a few minutes.

Test the water

Dragons need water to put out the fire in their mouths. But you need water to keep your teeth and body healthy. Test how much you know about water with this fun quiz. Remember, there's only one true answer to each question. Bet you'll learn some interesting facts along the way! Want to know your results? Check out the answers at the bottom of this page.

Which of these will you find in water?

- (A) Acid that causes cavities
- (B) Fluoride that strengthens teeth
- (C) Bacteria that leaves plaque on your teeth

How much sugar is in a cup of water?

- (A) I sure don't taste any sugar in water.
- (B) I think there's a little — like a sprinkle.
- (C) There's quite a bit — maybe a whole tablespoon.

Which one of these drinks is best for your teeth?

- (A) Pickle juice
- (B) Sports drinks
- (C) Water

What's one way water keeps your mouth healthy?

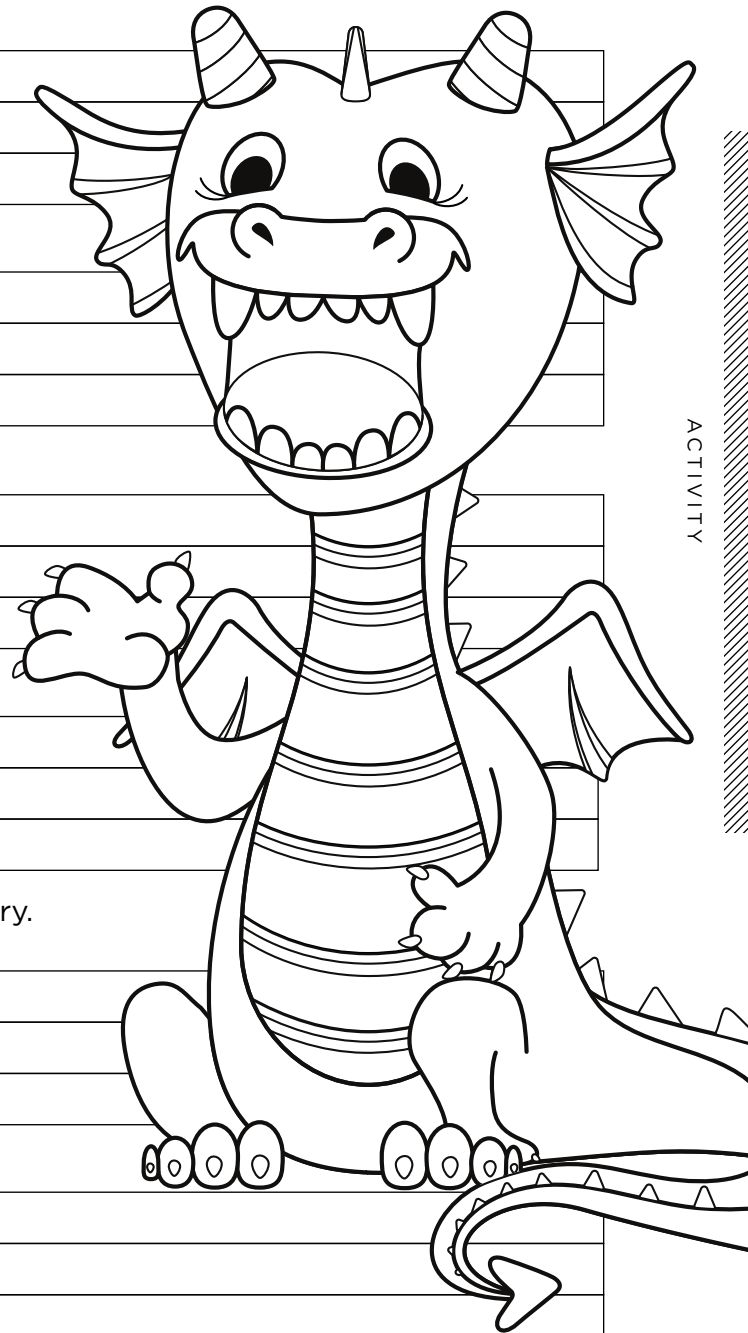
- (A) It washes away leftover food that's stuck to your teeth.
- (B) It sticks in your teeth.
- (C) It contains glitter.

Water can make your mouth feel better when it's dry. Why do you need to fight dry mouth?

- (A) Dry mouth makes your breath smell good.
- (B) Dry mouth leaves dust in your mouth.
- (C) Dry mouth can cause cavities.

What's another name for water?

- (A) H₂O
- (B) H₂ Oh, my!
- (C) Splish splash



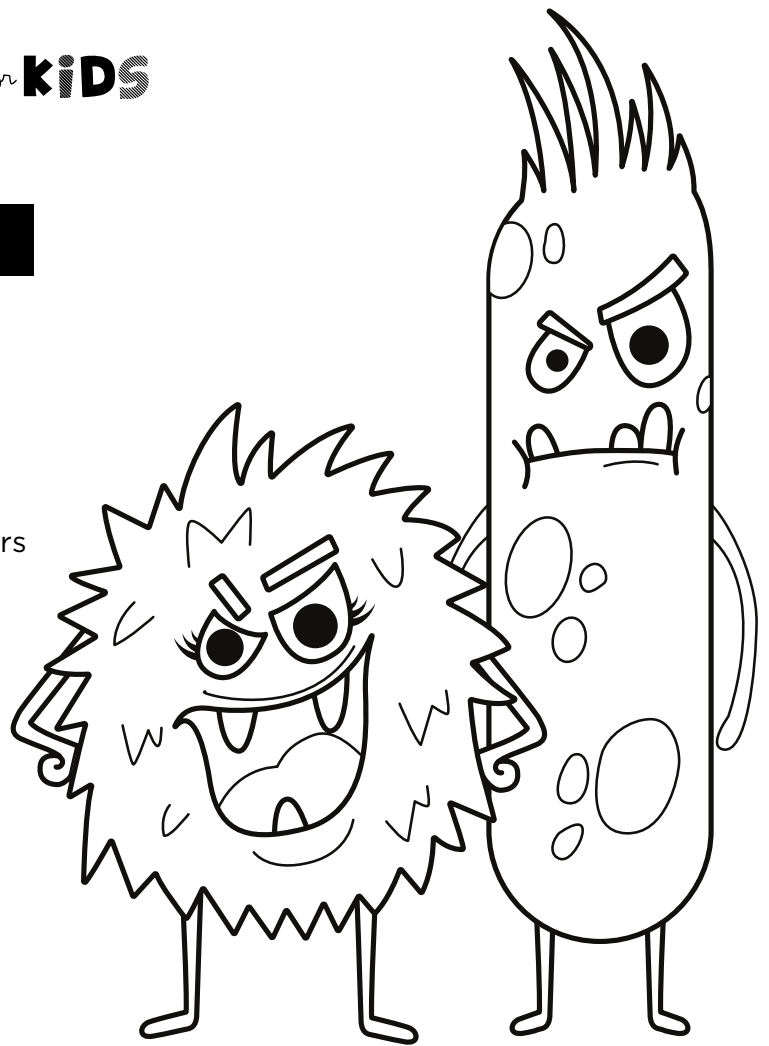
Answers: B, A, C, A, C, A

Experiment:

see something that's invisible

Tiny bacteria in your mouth sure like the sugars you eat and drink. They use those sugars to cause cavities. But you can fight back! The best way is to brush twice a day with fluoride toothpaste for two whole minutes, floss daily between all of your teeth and visit your dentist regularly for cleanings!

Harmful bacteria are so small, you can't even see them in your mouth. So how do you know they are there? Try this experiment.



Here's what you need

- Lemon juice
- Water
- Bowl
- Spoon
- Sheet of white paper
- Old toothbrush
- Lamp or flashlight
- A grown-up to help



When your old toothbrush is too worn to clean your teeth, you can use it to paint or clean your shoes and computer keyboard.

Here's how to do the experiment

1

Mix some lemon juice and a few drops of water in the bowl with a spoon.

2

Dip the toothbrush in the lemon-water mixture and make a smiley face on the piece of paper.

3

Wait for the paper to dry. Where did the smiley face go? It's invisible!

4

Hold the paper close to the light. It's magic — the smiley face is back!

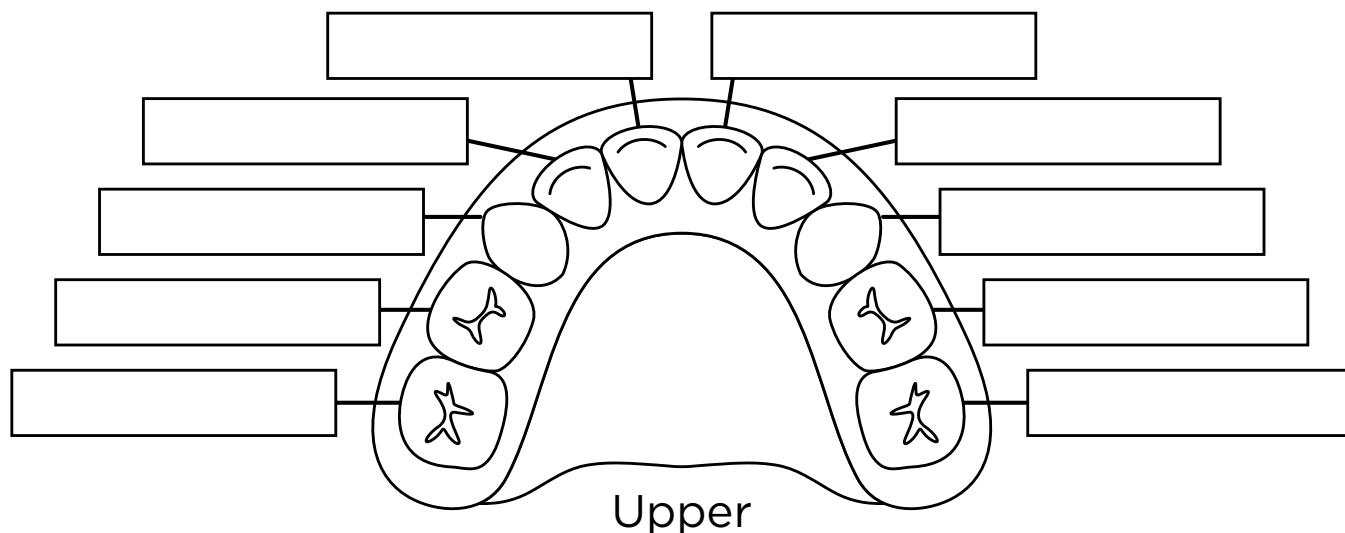
Now you know how something that's invisible to you can still be there. Keep fighting those tiny terrors!



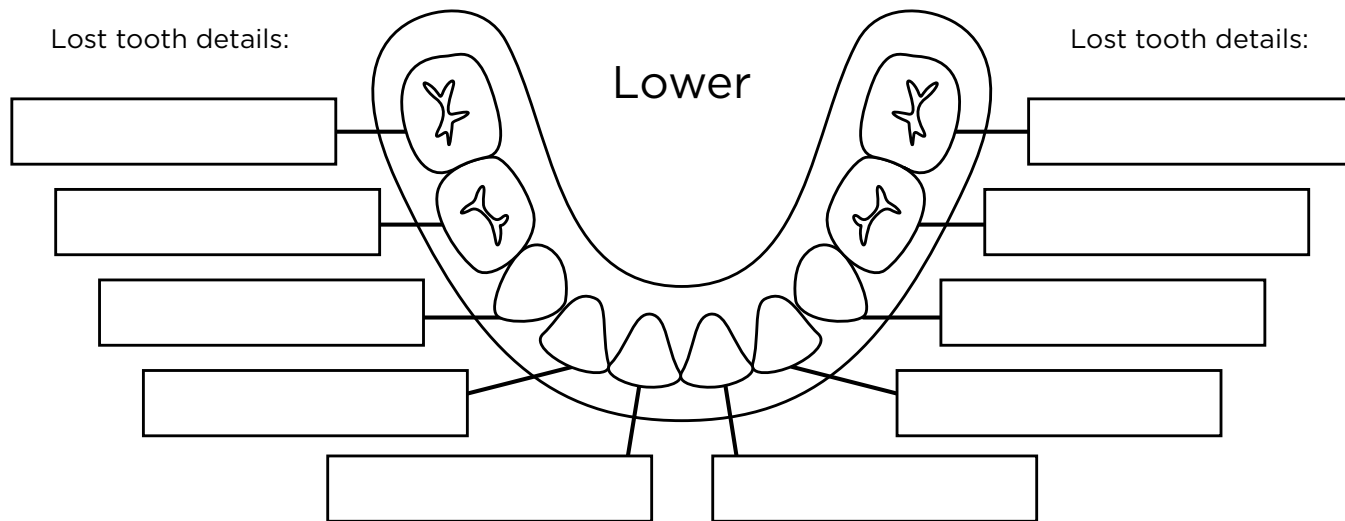
Track your lost teeth

When you lose a tooth, color it on your Tooth Tracker. Then write down details like your age and where you lost the tooth.

Lost tooth details:



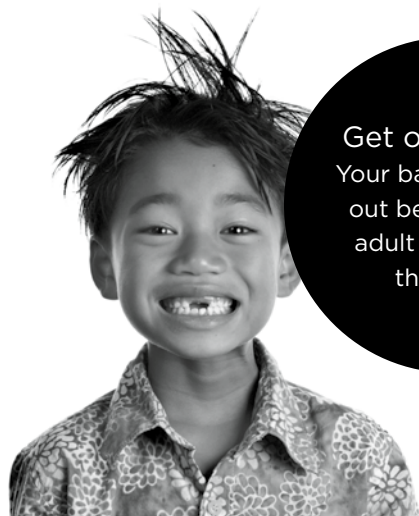
Lost tooth details:



Lost tooth details:

Get outta here!
Your baby teeth fall out because your adult teeth push them out.

Oh, baby!
That's a lot of teeth.
You have **20 baby teeth** but you will have **32 adult teeth!**



Be on guard

Mouth guards help protect you from chipping or losing a tooth, injuring your lips or cutting your mouth. Ow! Play it safe like Finley Firebreather and Skyler Singlehorn. Wear a mouth guard for sports like football and soccer — or even when you are roller skating and skateboarding!

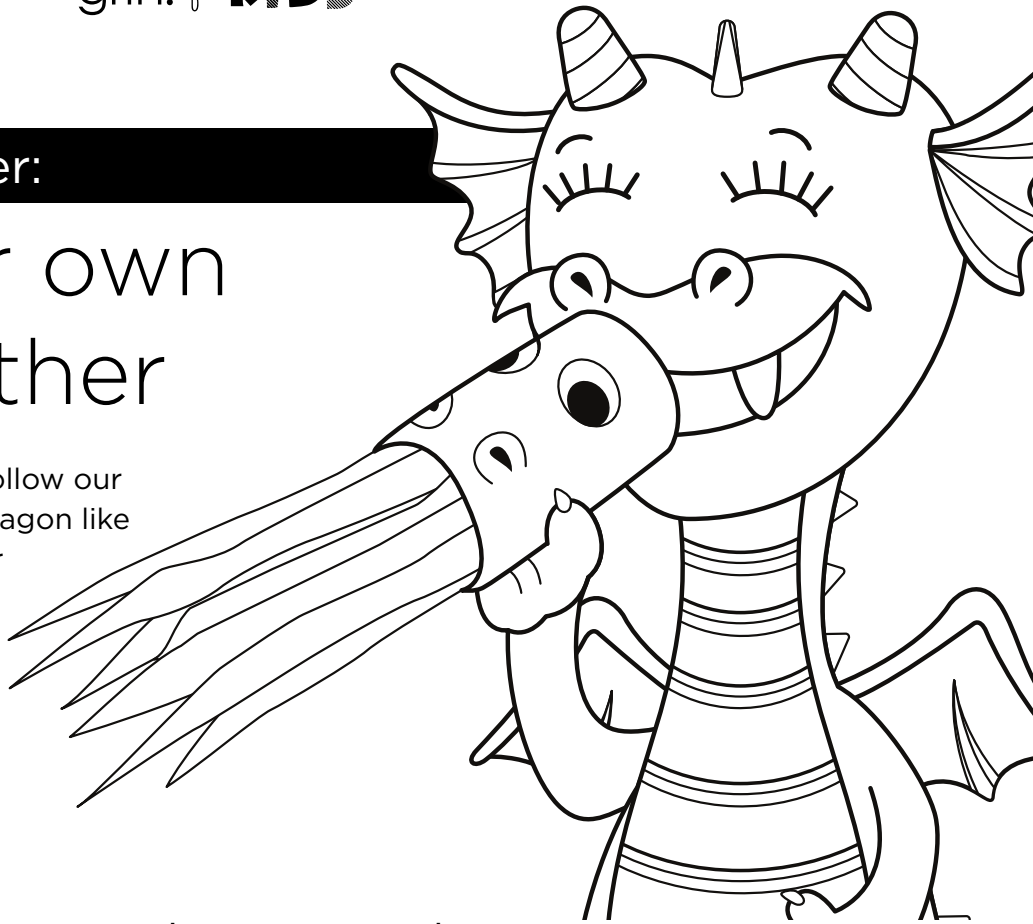
Color Finley and Skyler!



Craft corner:

make your own fire-breather

Wish you could breathe fire? Follow our directions to make your own dragon like Finley Firebreather and let your imagination go wild. Then keep your new friend around as a reminder to brush twice a day and floss daily so you don't get dragon breath. P.U.!



Here's what you need

- 1 paper towel or toilet paper roll (either will work!)
- Construction paper
- Scissors
- Glue stick
- Markers
- Tissue paper
- A grown-up to help

Here's how to make it

- 1 Cut a piece of construction paper that will cover the paper roll.
- 2 Use the glue stick to attach the construction paper to the paper roll.
- 3 Draw dragon eyes on one end of the paper roll.
- 4 Make dragon nostrils on the other end of the roll.
- 5 Cut tissue paper into long, pointy 10-inch strips for the fire.
- 6 Use the glue stick to attach them inside the paper roll near the nostrils.
- 7 Put your mouth on the open end of the paper roll and blow as hard as you can. Now you can breathe fire! Roar!

Feel free to add your own creative touches. Make your dragon one-of-a-kind with pompoms, googly eyes or anything else you can imagine.

grin! for **KIDS** ☆

The World of Imagination

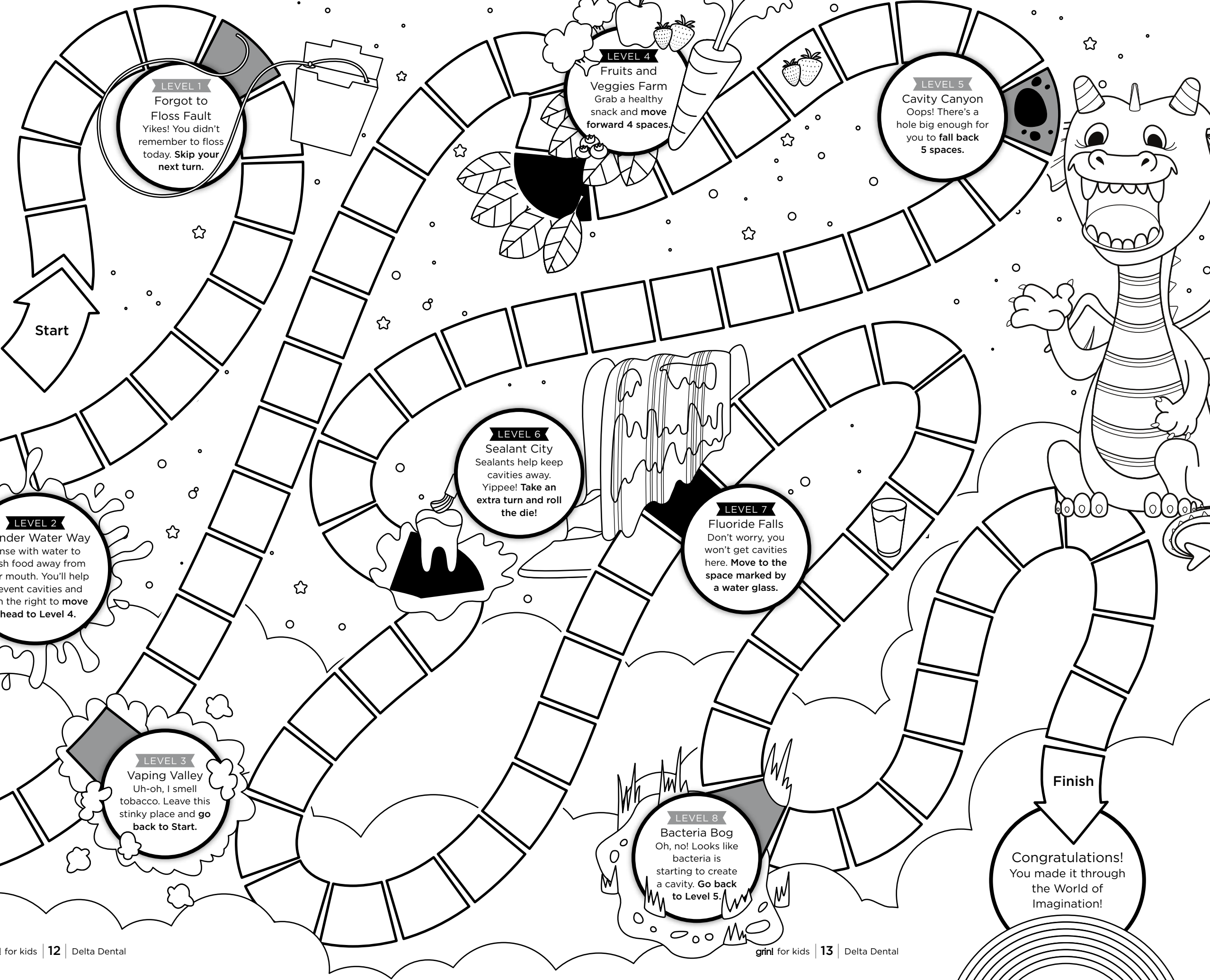
Join your new friends Skyler Singlehorn and Finley Firebreather as they take you through the World of Imagination. What you learn will help you stay healthy in the real world. It's fun to play, so let's get started!

Here's what you need:

- 2 or more players
- 1 die
- ☆ Game pieces from another game or coins to mark your place (1 per player)

Here's how to play:

Take turns rolling the die. Move that number of spaces forward. Follow the instructions when you land on a special space. Black spaces help you move ahead and gray spaces send you back. The first player to reach the rainbow in the World of Imagination wins!



LEVEL 1
Forgot to Floss Fault
 Yikes! You didn't remember to floss today. **Skip your next turn.**

LEVEL 4
Fruits and Veggies Farm
 Grab a healthy snack and **move forward 4 spaces.**

LEVEL 5
Cavity Canyon
 Oops! There's a hole big enough for you to **fall back 5 spaces.**

LEVEL 2
Wonder Water Way
 Rinse with water to wash food away from your mouth. You'll help prevent cavities and earn the right to **move ahead to Level 4.**

LEVEL 6
Sealant City
 Sealants help keep cavities away. Yippee! **Take an extra turn and roll the die!**

LEVEL 7
Fluoride Falls
 Don't worry, you won't get cavities here. **Move to the space marked by a water glass.**

LEVEL 3
Vaping Valley
 Uh-oh, I smell tobacco. Leave this stinky place and **go back to Start.**

LEVEL 8
Bacteria Bog
 Oh, no! Looks like bacteria is starting to create a cavity. **Go back to Level 5.**

Finish
 Congratulations! You made it through the World of Imagination!



Yoga pose:

Would you rather be a cat, cow or dragon?

Dragons have been around for thousands of years. So has yoga. It's Finley's favorite relaxing exercise. Relaxing is good for you because it can prevent gum disease and cavities. Yoga also helps you sit up straight, which keeps your jaw from hurting.

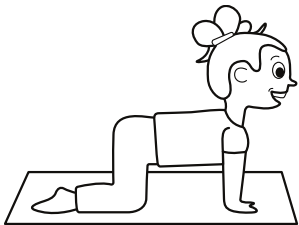
Try Finley's favorite pose. Some people call it a cat-cow pose but Finley calls it a dragon pose. Place a yoga mat, towel or blanket under you on the floor. Wear comfortable clothes and skip the shoes and socks. Time to have some fun!

Cat-cow pose (also known as dragon pose!)

ACTIVITY

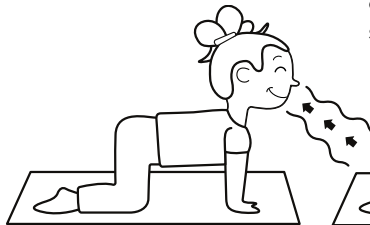
1

Place your hands and knees on the floor and pretend you are a cat (or dragon).



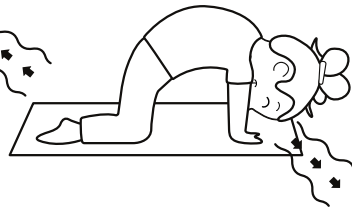
2

Slowly breathe in.



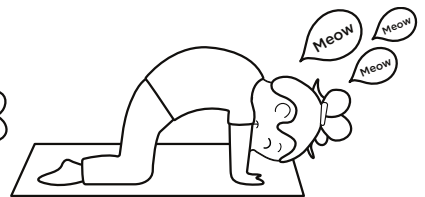
3

Slowly breathe out, round your back toward the ceiling and bring your chin to your chest. You'll look like a cat stretching its back.



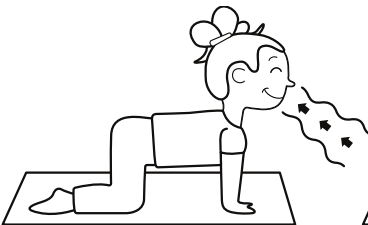
4

Meow like a cat or breathe fire like a dragon for 10 seconds.



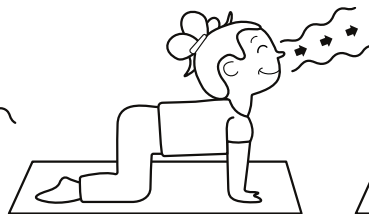
5

Now it's time to pretend you're a cow (or still a dragon). Slowly breathe in again.



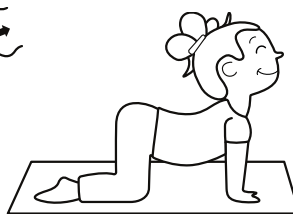
6

Slowly breathe out and lift your chin and chest toward the ceiling.



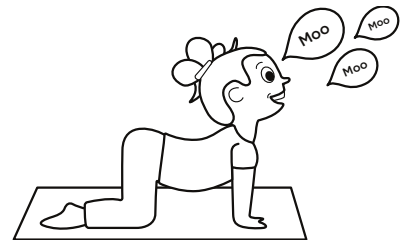
7

Lower your stomach and lift your "tail."



8

Moo like a cow or breathe fire like a dragon for 10 seconds.



Start over and do all the steps four more times. Finley was right. This is fun!

What's in Finley's goodie bag?

Every time Finley Firebreather visits the dentist and dental hygienist, they give Finley a toothbrush. But this time, Finley got a whole bag of awesome surprises to show you. Let's check it out!

Big Bristly Plaque Attacker

Did you know you should get a new toothbrush every three months? Finley will start using this one because a new toothbrush removes more of that icky plaque that causes cavities. Maybe Finley can use the old toothbrush for the experiment on page 8.

Cavity Super Stopper

No one wants to get a cavity! Finley brushes twice a day with this fluoride toothpaste to keep a shiny smile. It doesn't even take much. Just a pea-sized amount will do.

Fantastic Food Remover

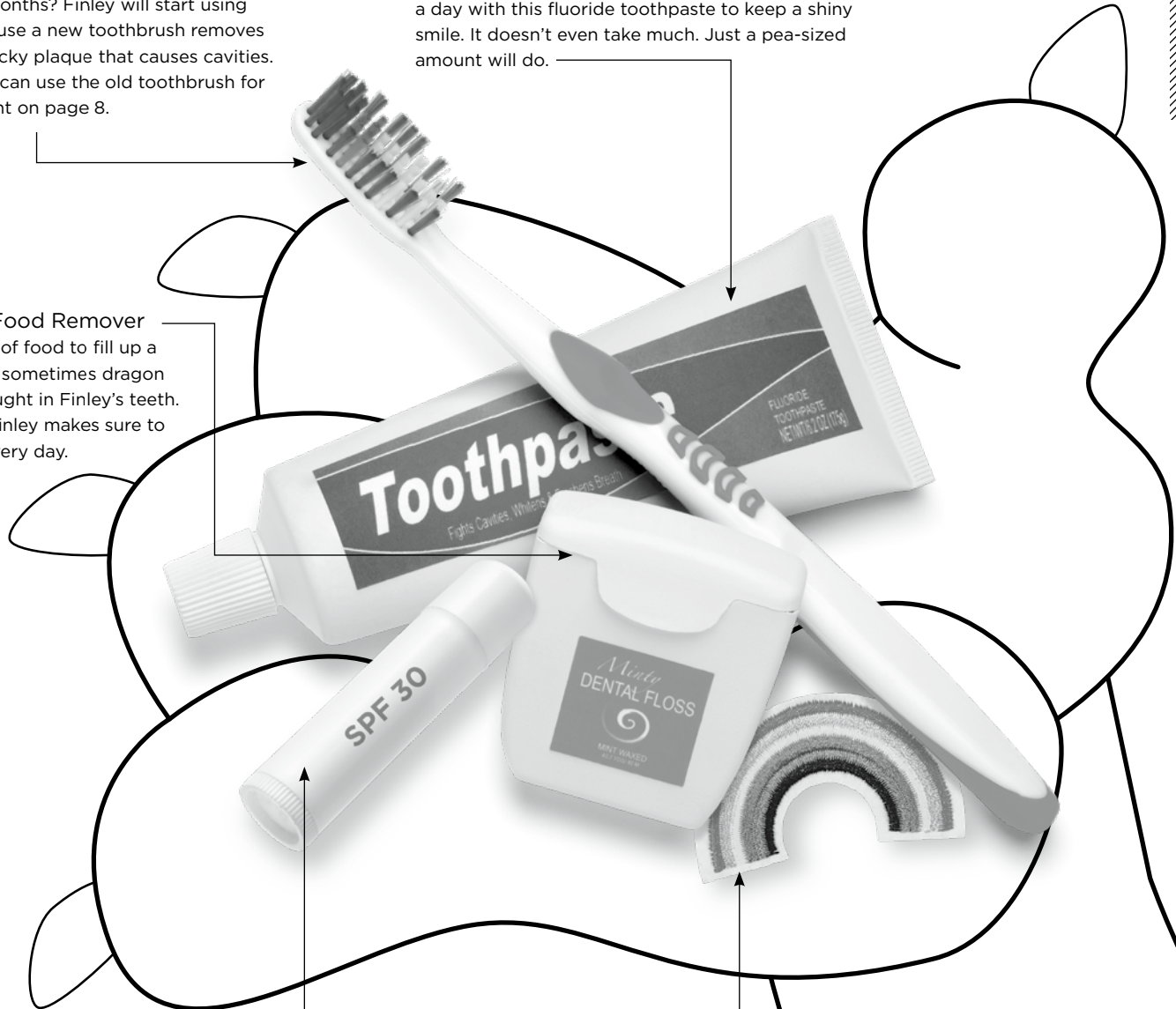
It takes a lot of food to fill up a dragon. And sometimes dragon fruit gets caught in Finley's teeth. That's why Finley makes sure to floss once every day.

Scorching Sun Shield

The fire Finley breathes is no bother. But the sun sure can damage Finley's lips. This lip balm with sunscreen protects Finley outside (even on cloudy days!).

Terrific Treasure Prize

Finley got to take a prize from the treasure chest and picked this one to give to Skyler Singlehorn. That'll make Skyler smile!



Imagine being a dentist or dental hygienist

When you visit the dentist's office, your dentist and dental hygienist work as a team to protect your teeth. Maybe you'd like to help kids (and adults) fight cavities when you grow up. Answer these questions to help you decide.



Do you want to be a dental hygienist?



Do you want to be a dentist?

Do you like to meet new people?

The dental hygienist is one of the first people you'll see at the dentist's office.

Do you like to keep things shiny and clean?

A hygienist removes plaque and tartar buildup from your teeth.

Do you like to use cool tools?

Hygienists work with a lot of dental tools, like X-rays that help spot cavities.

Do you like to play search and find games?

Your dental hygienist will look at your mouth for signs of dental problems and share the results with your dentist.

Do you like to teach people new things?

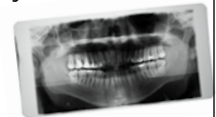
Your hygienist will show you the right way to brush and floss your teeth.

Do you really like to learn?

A dentist studies for about eight years or more to learn all about taking great care of your mouth.

Do you like to solve problems?

The dentist reads your X-rays and looks at your mouth to decide if anything needs to be fixed.



Do you like to make decisions?

If there's a problem, the dentist decides the best way to fix it.

Have you ever won at the game Operation?

Dentists perform a lot of skilled work with their hands, like filling cavities and pulling teeth.

Are you good at talking to people?

Your dentist will help you feel relaxed and explain what needs to be done to your teeth. The dentist will also answer any questions you ask.

Did you answer "Yes" to most of these questions? You did?! Maybe you'll grow up to work in a dentist's office!

Give these Smile Power cards

You have your own magical powers: You can make your friends smile! Cut out and share these Smile Power cards with your friends, then watch their faces light up.



Show your friends how much you care by giving them a smile.

And don't forget to sign the card before you give it away.

To _____
From _____

Smiling makes
everyone happier.

We all wish for that!



To _____
From _____

You also have a
one-of-a-kind
smile!



To _____
From _____

I can't imagine
anyone
who makes me
smile more!



To _____
From _____

When you smile,
your friends smile
back at you.
It's like magic!



Sealants Mad Libs

Your toothbrush, toothpaste and floss aren't the only tools that stop cavities.

Sealants give you another way to fight those nasty cavities. Before you learn more about sealants, let's get a little silly! Fill in the blanks below with funny answers. Then make sure to see the real answers at the bottom of the page. Once you know more about sealants, you'll show cavities who's the boss.

Examples:

- NOUNS: People, places or things like "a toothbrush"
- VERBS: Actions like "eat"

Your toothbrush and _____ (NOUN) may not be able to _____ (VERB) all the grooves in your teeth. That means you could get _____ (NOUN) there. Sealants keep _____ (NOUN) out of those grooves to stop _____ (NOUN) and plaque from _____ (VERB ENDING IN "ING") cavities. A sealant is a thin, invisible, plastic _____ (NOUN) that is put on the chewing surface of your back teeth, called _____ (NOUN).

_____ (NOUN) usually get sealants between ages 5 and 7 and 11 and _____ (NUMBER) when your permanent back _____ (NOUN) come in.

The dentist will _____ (VERB) the sealant onto your tooth. But not with a _____ (NOUN) of paint! Then your dentist will make the sealant hard by using a special _____ (COLOR) light. That will reduce your chance of getting a cavity in your molar by almost _____ (NUMBER) %!¹

The real answers:

floss, reach, cavities, food, bacteria, causing, coating, molars, kids, 14, teeth, paint, bucket, blue, 80

¹American Dental Association

Mouth-friendly recipe:

Skyler Singlehorn's favorite smoothie

Let's make a smoothie with Skyler's favorite colors! It doesn't take magic, but it does wonders for your mouth. That's because it's full of healthy fruits and packed with calcium. And it tastes as good as it looks!



Here's what you need

- 1 cup low-sugar strawberry Greek yogurt
- 1 banana
- 1 cup frozen mixed berries
- Blue, green, yellow and red food coloring
- A grown-up to help

Here's how to make it

①

Have an adult blend the yogurt, banana and frozen berries in blender until smooth.

②

Pour part of the purple smoothie mixture into a glass for the first layer. You won't need any of the food coloring for this one!

③

Pour equal amounts of the remaining purple smoothie into three dishes.

④

Put food coloring in each dish until you get the color you want. Blue for the blue layer. Green for the green layer. Yellow and red for the orange layer.

⑤

Add the blue, green and orange smoothies on top of the purple smoothie, one layer at a time.

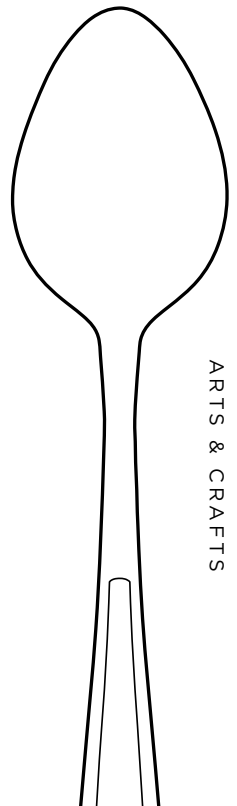
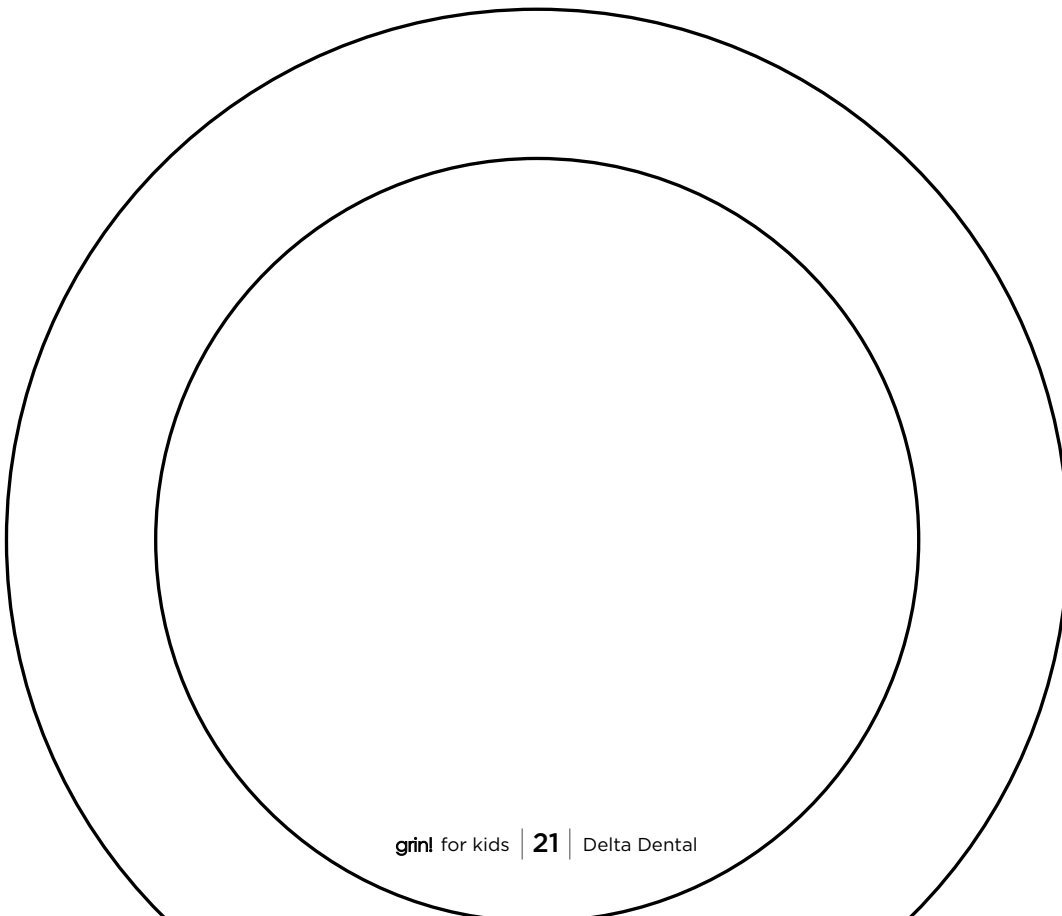
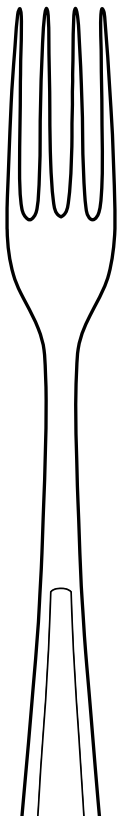
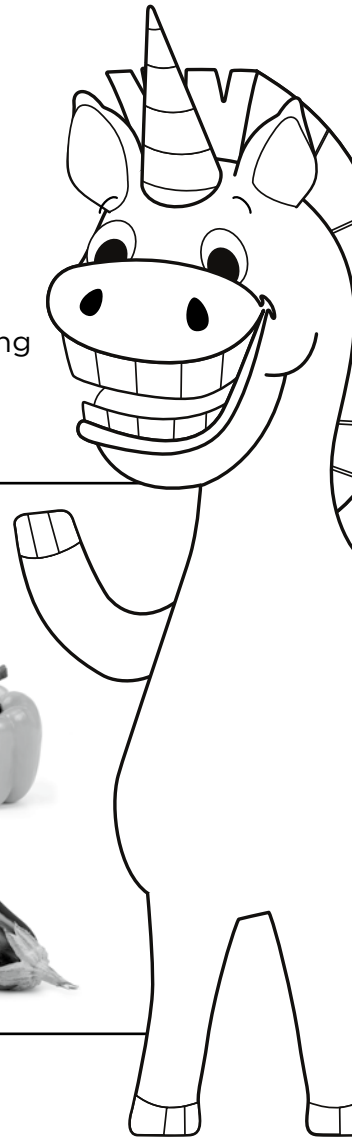
⑥

Enjoy your colorful creation!

A rainbow of foods will make you smile

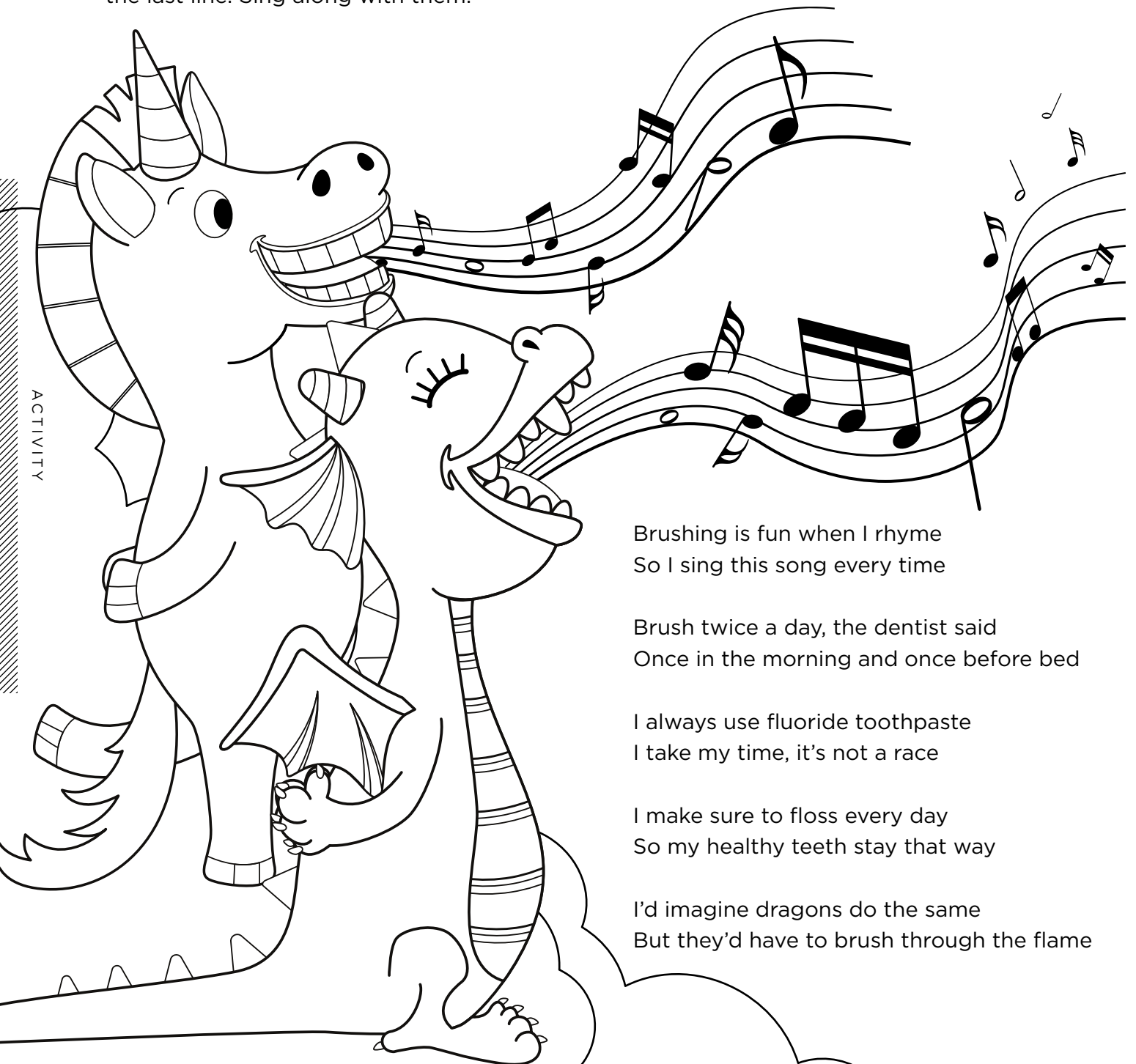
Skyler eats a rainbow of fruits, veggies and more to stay healthy. It makes eating fun! Make a rainbow using tasty and healthy foods. Just cut out or draw some colorful foods that are good for you on the plate below.

See Skyler's ideas to get started! Together, these foods can help strengthen your teeth and gums, prevent cavities and clean your teeth. Isn't that awesome?!



Sing the brushing and flossing song

Skyler wrote a tune to help you remember to brush and floss. Finley Firebreather really likes the last line. Sing along with them.



Brushing is fun when I rhyme
So I sing this song every time

Brush twice a day, the dentist said
Once in the morning and once before bed

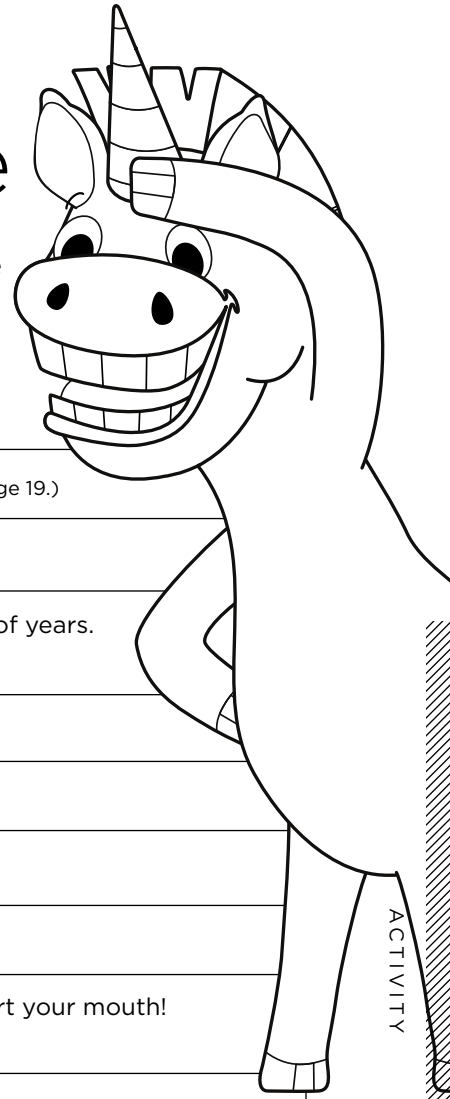
I always use fluoride toothpaste
I take my time, it's not a race

I make sure to floss every day
So my healthy teeth stay that way

I'd imagine dragons do the same
But they'd have to brush through the flame

Search and smile

Answer these questions about your smile. Then find the word and circle it below. Need a clue? You'll find the answers to these questions in this *Grin! for Kids* magazine.



Smoking can make your teeth turn _ _ _ _ _ . (Hint: See page 4.)

A dentist paints a sealant on your _ _ _ _ _ to seal cavities out. (Hint: See page 19.)

Most people have 20 _ _ _ _ teeth. (Hint: See page 9.)

Yoga is a relaxation _ _ _ _ _ that's been around for thousands of years.
(Hint: See page 14.)

You have the power to make your friends _ _ _ _ _ . (Hint: See page 17.)

Fluoride comes from _ _ _ _ _ . (Hint: See page 6.)

_ _ _ _ _ your teeth once every day. (Hint: See page 8.)

Brush your teeth for _ _ _ minutes each time. (Hint: See page 8.)

Wear a _ _ _ _ _ for sports and activities that might hurt your mouth!
(Hint: See page 10.)

_ _ _ _ _ washes food from your teeth. (Hint: See page 7.)

ACTIVITY

M N T L P Y E L T W C P Y N Z R F P D S
 H O Z O K N H D P M G J I X T Y O K I L
 W R U W O E U U F V P G K L L E J L E P
 B I Z T A T A Y R O C K S N J U T K X H
 R R Q P H T H G E X U S Z L L I B A E R
 H R T R X G E Z F L S S I H T E A R R B
 S S W O U T U R Y V L M T L C Q B G C L
 Z H O V K O P A I R S O I E E R Y S I X
 V O X F L O S S R H B T W L Z B S S S G
 C C A G K P X Z X D D I K X E D D U E Y

Answers: yellow, tooth, baby, exercise, smile, rocks, floss, two, mouth guard, water

Imagine a
healthier smile!

