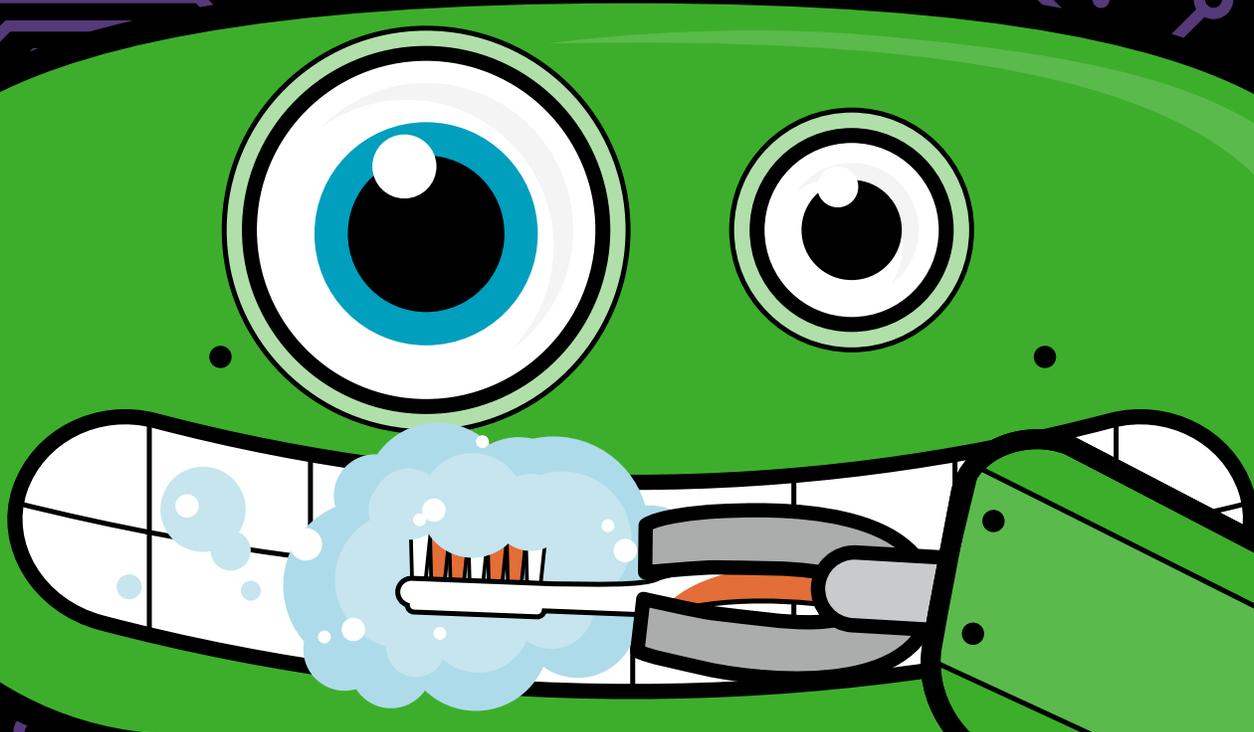


grin!

for **KIDS**



BEEP. BOOP.
BRUSH.

grin! for kids

ARTICLES



Travel with the Tooth Fairy

See how the Tooth Fairy and her friends collect lost teeth around the world.

- 4 Kids want to know!
- 19 Brush and floss with a robot
- 20 Where should you keep your toothbrush?

ACTIVITIES



Shop with a robot

Grab a friend and play the game that shows you how to shop for your smile.

- 5 Crack the robot code
- 14 Keep your guard up
- 22 Name your toothbrush

ARTS & CRAFTS



Defeat your mouth monsters!

Color pictures of some no-good beasts and show them who's boss.

- 6 Experiment: Fab floss
- 7 Keep track of your lost teeth
- 11 Craft corner: Robot toothbrush holder
- 16 Mouth-friendly recipe: Frozen yogurt buttons
- 17 Get to know your teeth
- 23 Silly smiles

Chuckle corner



Why does Dracula brush his teeth so often?

So he doesn't get bat breath.



What do you call a bear with no teeth?

A gummy bear.

4

word answers



What's unusual about a rabbit's teeth?

They never stop growing!



When do babies usually start to smile?

After about 6 weeks.

Kids want to know!

ARTICLE

We asked a dentist and dental hygienist what kids want to know about a healthy smile. Here are some questions they've been asked and their answers. Can you think of other questions you'd like to ask?



What happens if I don't brush and floss?

If you don't brush and floss, sticky stuff called plaque will build up on your teeth, creating acids that attack your teeth and cause cavities.



Why do baby teeth fall out?

Most baby teeth get loose and fall out because your permanent teeth push them out. But you can also lose a tooth from an accident or a cavity. Be careful and be sure to brush, floss and see your dentist regularly.



Why do some kids get braces?

Sometimes teeth don't come in the way they should — like when teeth are crooked. Braces can help nudge those teeth in place for a straight, healthy smile.

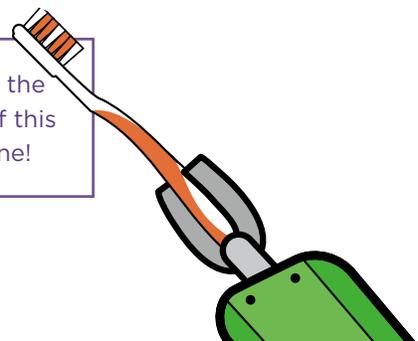


How do I keep my mouth guard in good shape?

Clean your mouth guard often with a toothbrush and toothpaste. Then rinse it with water. Store it in a case that has holes so it can dry and stay protected.

Does a robot brush its teeth?

Look at the cover of this magazine!



Crack the robot code

Riley Robot has programmed these words in a special secret robot code. Good thing you have the key to the code! Use it to solve the puzzle. *Hint: It's a sentence about your smile.*

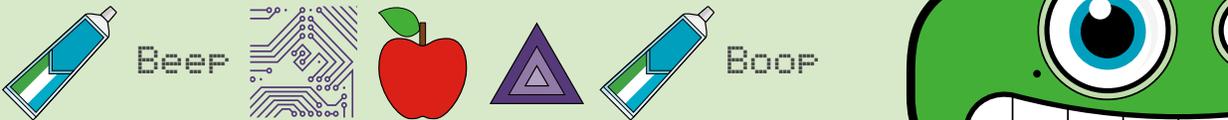
ROBOT CODE KEY

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

SPECIAL ROBOT MESSAGE

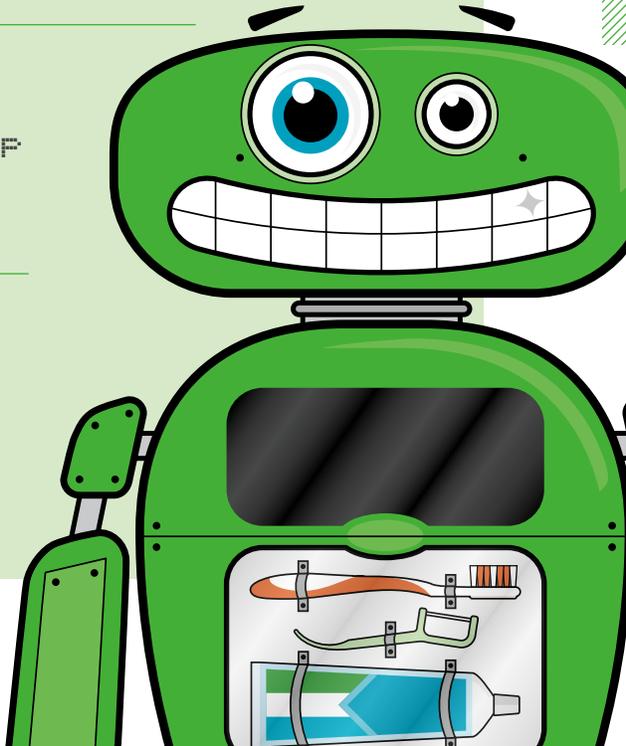








ACTIVITY



Answer: Brush twice a day for healthy teeth.

Experiment:

Fab floss

There's a great reason to floss every day. Floss removes food and a sticky film called plaque that get stuck between your teeth. It reaches places that you can't with a toothbrush. That's why brushing and flossing go together!

Try this experiment to see just how well floss removes food from your teeth. On a separate piece of paper, write down what you think will happen and the final results of your experiment.



Here's what you need

- Rubber glove
- Jar of smooth peanut butter
- Spoon
- Old toothbrush
- Water
- Dental floss
- A grown-up to help

Here's how to do the experiment

①

Put on a rubber glove and hold your fingers apart.

②

Have a grown-up spread peanut butter between your fingers.

③

Squeeze your fingers together tightly.

④

Wet an old toothbrush and try to brush the peanut butter away. (You won't need toothpaste for this experiment, but don't forget to use it when you brush your teeth!)

⑤

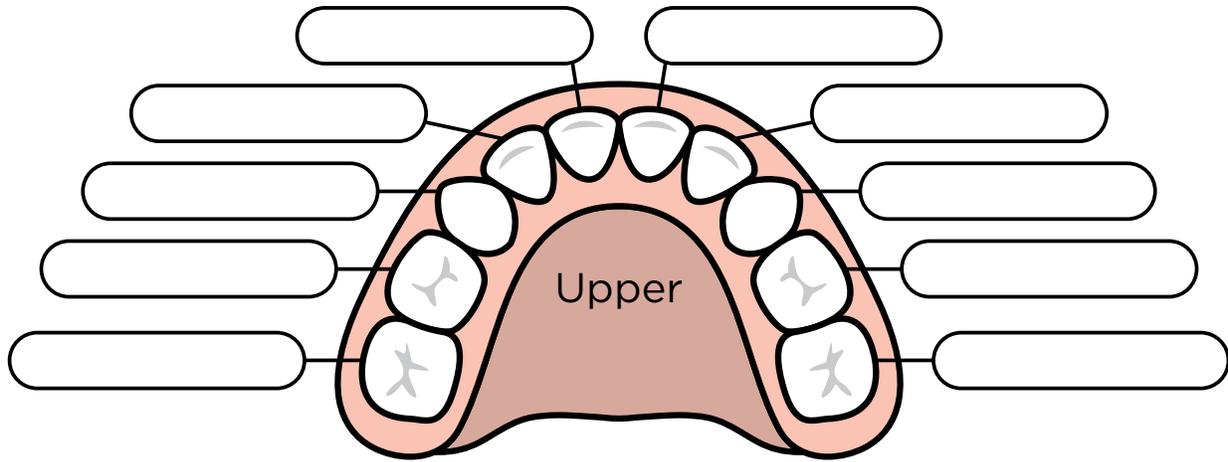
Have a grown-up try to remove the peanut butter with dental floss.



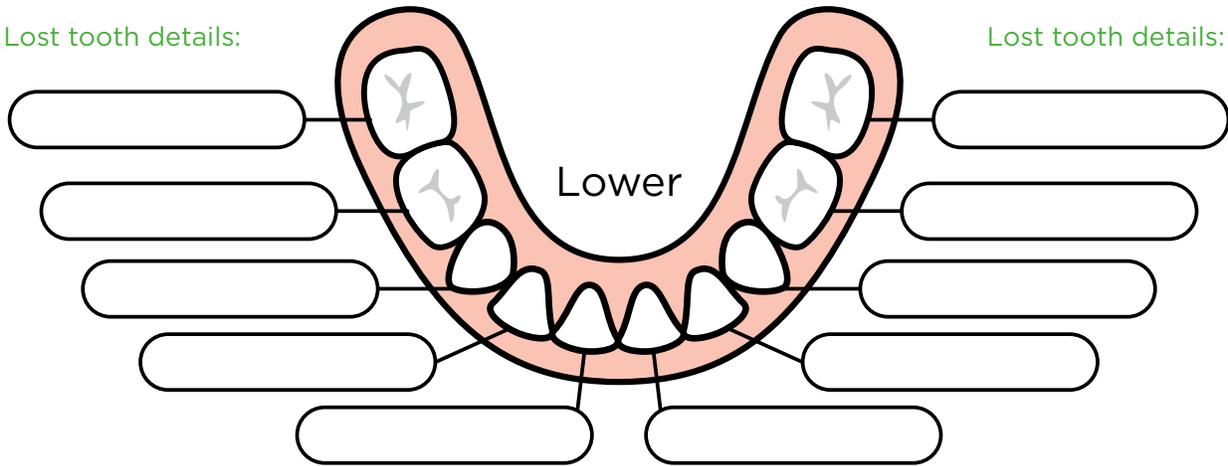
Keep track of your lost teeth

Each time you lose a tooth, color it on your tooth tracker. Make sure to write down details like when and where you lost the tooth. Go to pages 17-18 to become a whiz at knowing the names of your teeth.

Lost tooth details:



Lost tooth details:



Lost tooth details:

Read these facts and then try to keep track of how often you smile!



Adults only smile about 20 times a day.



Kids smile up to 400 times a day!

Defeat your mouth monsters!

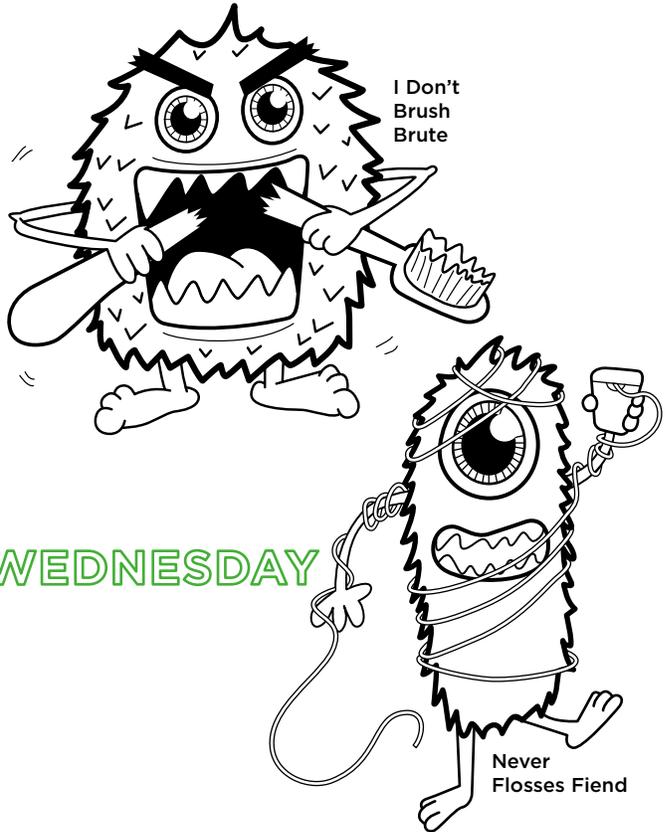
When you brush twice a day and floss every day, you help defeat mouth monsters. Celebrate your victory by coloring a picture each day after you brush and floss.

Have an adult help download more copies of this page at grinforkids.com/mouthmonsters or make extra copies before you start so you can color every week.

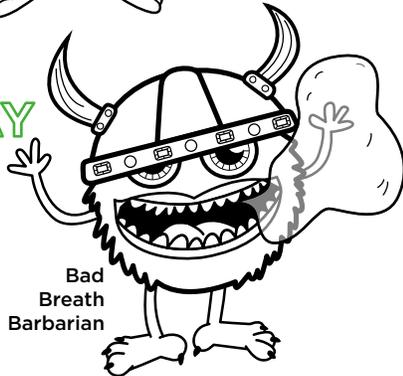
SUNDAY



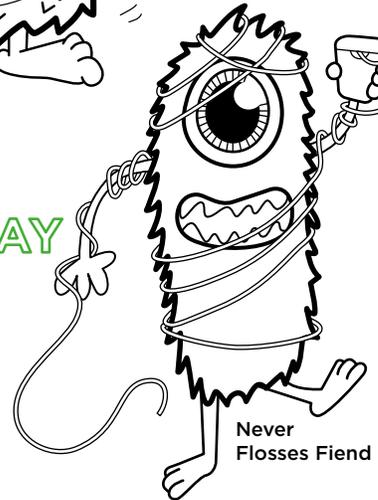
MONDAY



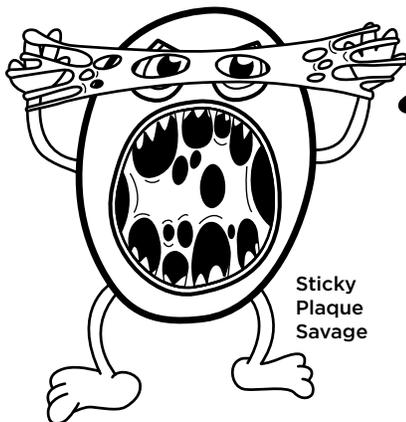
TUESDAY



WEDNESDAY



THURSDAY

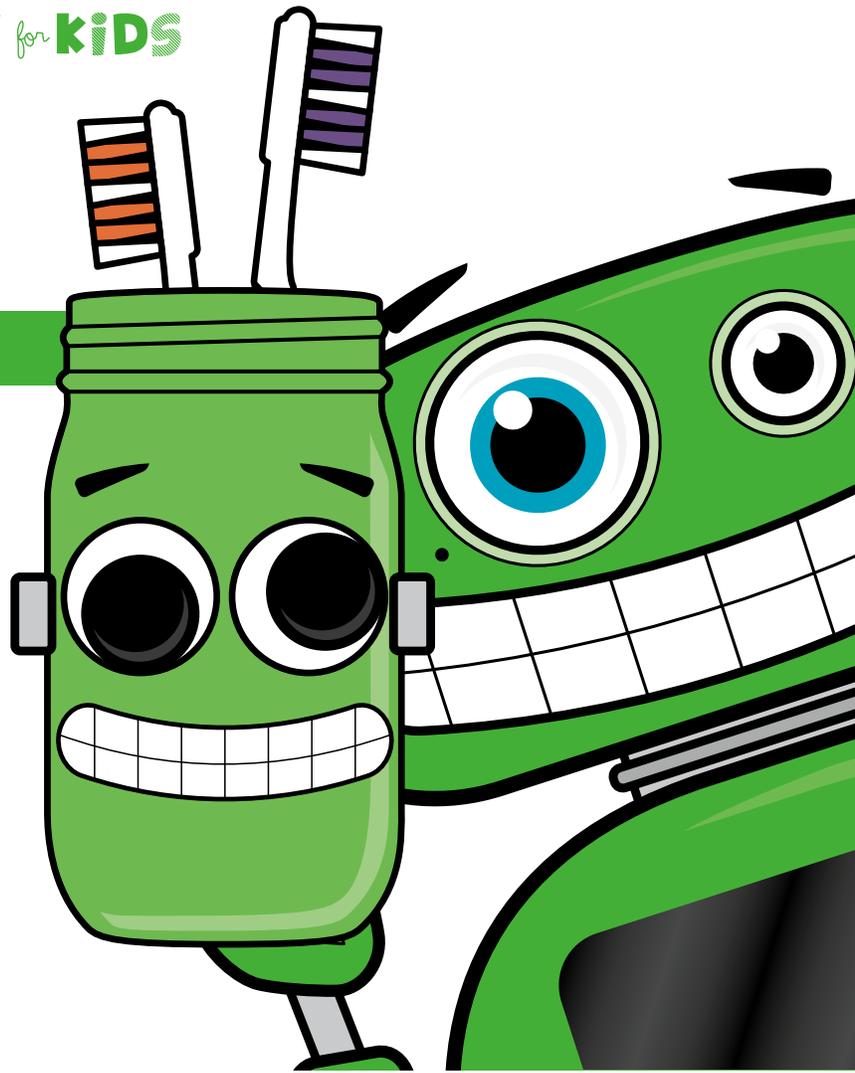


FRIDAY



SATURDAY





Craft corner:

Robot toothbrush holder

Do you want your own Riley Robot? Follow these directions to have fun making one. Then “program it” to hold your toothbrush.

Here’s what you need

- 1 recycled jar
- Green acrylic paint
- White acrylic paint
- 2 large googly eyes
- Black acrylic paint
- A grown-up to help
- Glue stick

Here’s how to make one

1

Have a grown-up help you wash and dry the jar.

2

Paint the outside of the jar green.

3

Glue the googly eyes in place.

4

Use the black and white acrylic paints to color a mouth like Riley’s.

5

Use the black acrylic paint to add eyebrows.

6

Be creative! Use lids, buttons, pipe cleaners or other recycled materials to make the robot your own.

Where will your shiny new robot toothbrush holder live? Go to pages 20-21 for great ideas.

Shop with A ROBOT

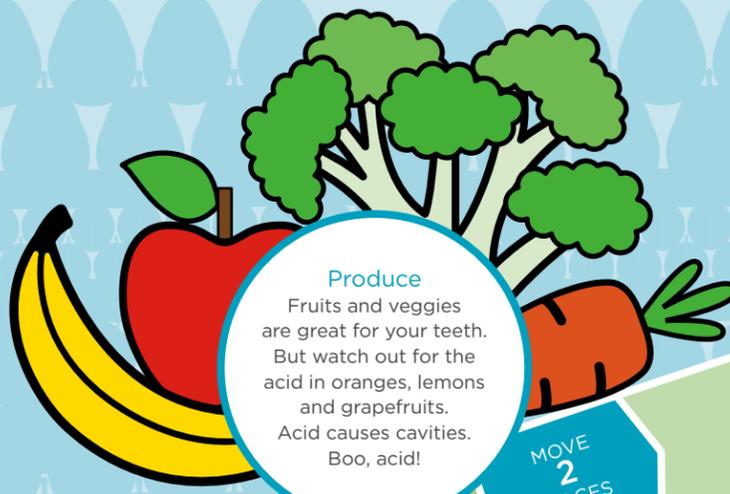
Your robot has been programmed to help you shop for the best items for your teeth. Let's start shopping!

HERE'S WHAT YOU NEED

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

HERE'S HOW TO PLAY

Take turns rolling the die. Move that number of spaces forward. If you land in a shopping area, it will tell you how many more spaces to move forward or backward. The first one to the checkout wins!



Produce
Fruits and veggies are great for your teeth. But watch out for the acid in oranges, lemons and grapefruits. Acid causes cavities. Boo, acid!

MOVE 2 SPACES FORWARD



Dairy
Milk, low-sugar yogurt and cheese taste great and are full of calcium to help keep your teeth strong.

MOVE 3 SPACES FORWARD

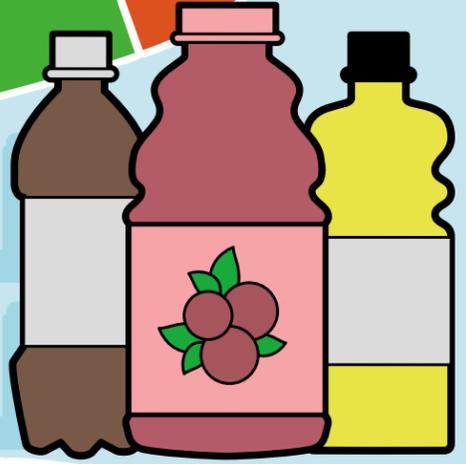
Sugary drinks
Why do some drinks taste so sweet? It's all the sugar. Have a grown-up check the label so you can make smart low-sugar choices.

MOVE 2 SPACES BACK

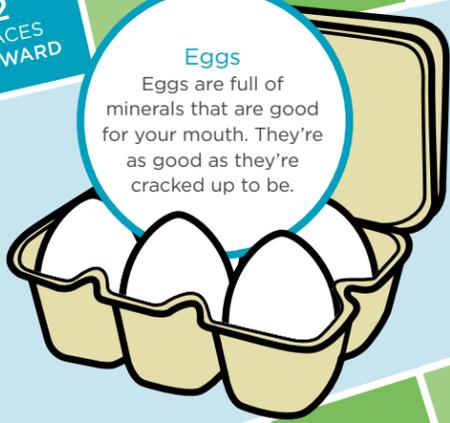


MOVE 2 SPACES FORWARD

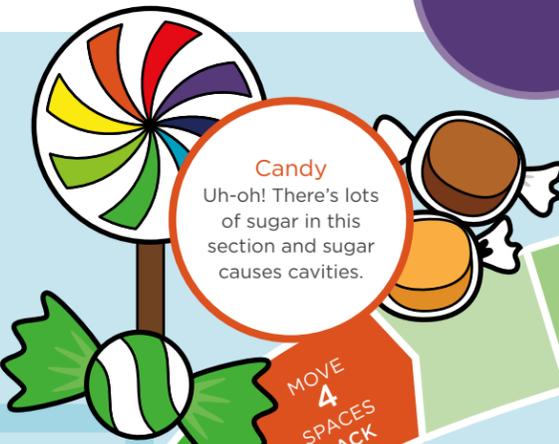
Nuts
Did you know the crunch of nuts helps clean your teeth as you chew? You know now.



MOVE 2 SPACES FORWARD



Eggs
Eggs are full of minerals that are good for your mouth. They're as good as they're cracked up to be.



Candy
Uh-oh! There's lots of sugar in this section and sugar causes cavities.

MOVE 4 SPACES BACK

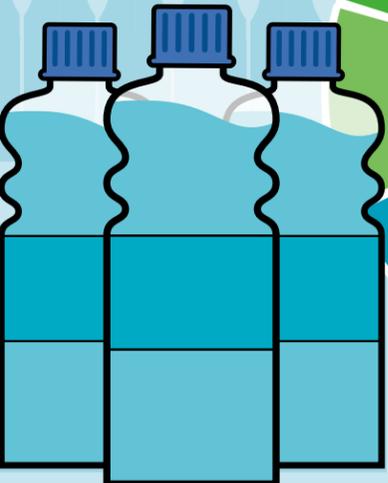


Starchy snacks
Crackers, chips and pretzels can be just as bad for your teeth as sweets. The starch turns into sugars in your mouth.

MOVE 1 SPACE BACK

Water
Your robot says you should always clean your mouth with water after eating. How did your robot get so smart?

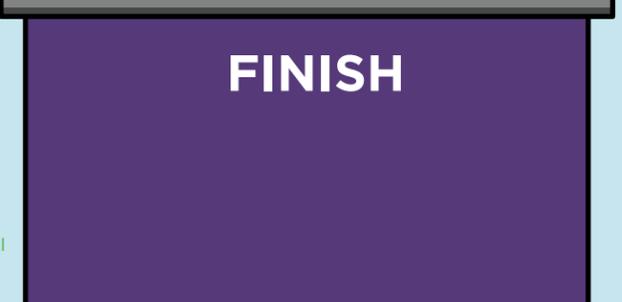
MOVE 1 SPACE FORWARD



MOVE 4 SPACES FORWARD



Dental care
You brush your teeth twice a day and floss daily. So you go through a lot of toothbrushes, toothpaste and floss. Better stock up!



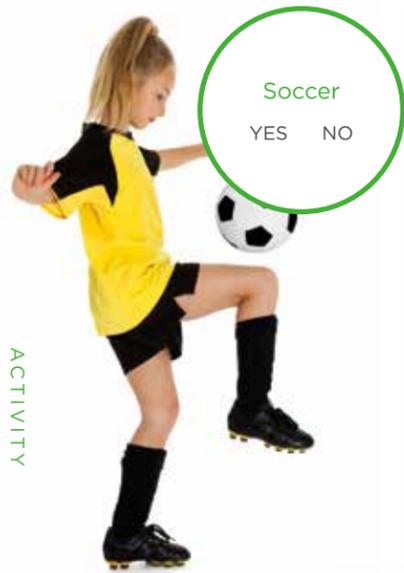
ACTIVITY

ACTIVITY

Keep your guard up

Sports and activities are fun! They're even more fun when you avoid injuries. That's why you should wear a mouth guard. A mouth guard is a little plastic piece that fits in your mouth and around your teeth to help protect your teeth, gums and lips.

Think mouth guards are just for football? Mark "YES" or "NO" if you think mouth guards should be used for these sports and activities:



Soccer
YES NO



Hockey
YES NO



Basketball
YES NO



Martial arts
YES NO



Gymnastics
YES NO



Playing video games
YES NO



Watching a movie
YES NO



Skateboarding
YES NO



Walking the dog
YES NO

You don't need a mouth guard to watch a movie, play video games or walk the dog. But the answer to all the other questions is "YES." Keep your smile safe and wear your mouth guard whenever you play sports and do many other activities. Talk to your dentist to learn more.

Make this mouth guard look awesome!

Design the mouth guard below to make it your own.



Need help getting started?
Try some of these ideas to make a mouth guard that would look great on you:

- Your name
- Your team name or logo
- Your uniform number
- Your favorite color
- Fangs

ACTIVITY

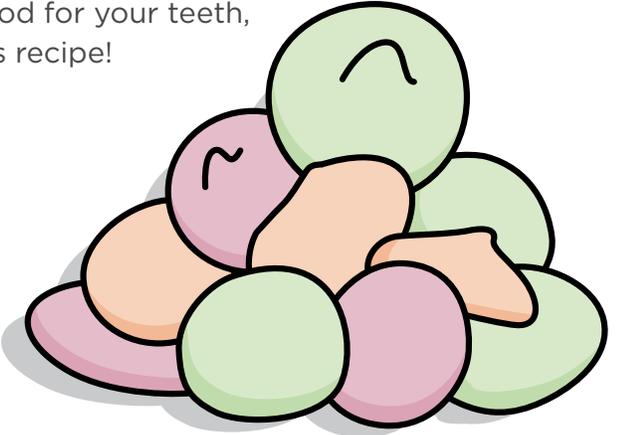
ACTIVITY



Mouth-friendly recipe:

Frozen yogurt buttons

Here's a treat that's fun to make and tastes great. Yogurt is full of calcium that's good for your teeth, and it's the only ingredient in this recipe!



Here's what you need

- Any flavor of nonfat Greek yogurt with no sugar added (use more than 1 flavor to make a rainbow of colors)
- Cookie sheet
- Wax paper
- Ziplock bag
- Cup
- Scissors
- Spoon
- Spatula
- A grown-up to help

Here's how to make them

- Line a cookie sheet with wax paper.
- Fit a small ziplock plastic bag over a cup.
- Spoon your yogurt into the plastic bag.
- Have a grown-up snip the corner of the bag and squeeze small round drops of yogurt onto a cookie sheet.
- Place in the freezer for about an hour.
- Scrape off with a spatula.
- After you try 1 or 2, place the rest in an airtight container and store in the freezer.

If you want to mix things up, you can make other shapes, too. Try a heart, square, triangle, letter or number. Eat this instead of candy the next time you want a sweet treat! And remember to rinse your mouth by drinking water when you're done snacking.

Get to know your teeth

Cut out these trading cards so you can get to know more about your teeth anywhere you go.



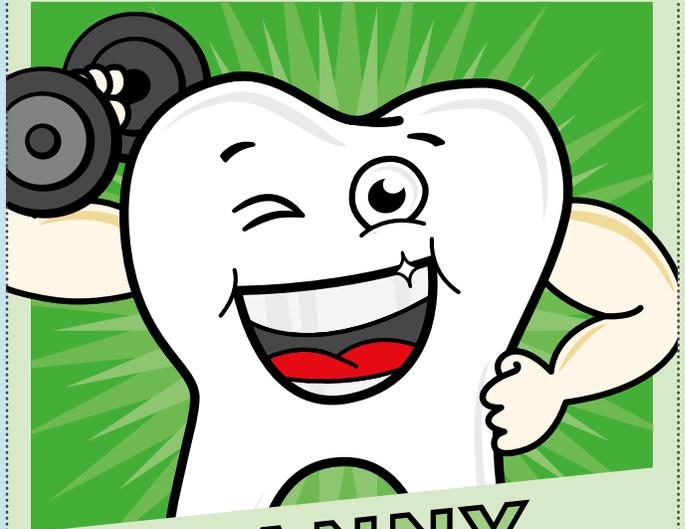
IKE
Incisor



CARRIE
Canine



PIPER
Premolar



MANNY
Molar

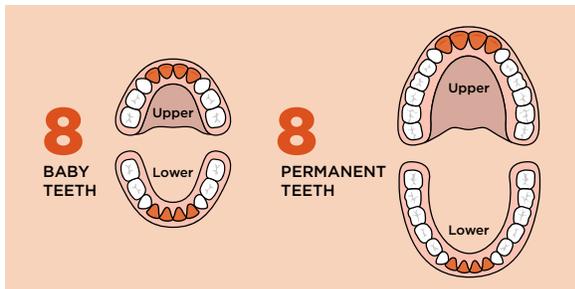


Your teeth make up an awesome team!

See how they work together to help you eat, smile and more.

DELTA DENTAL

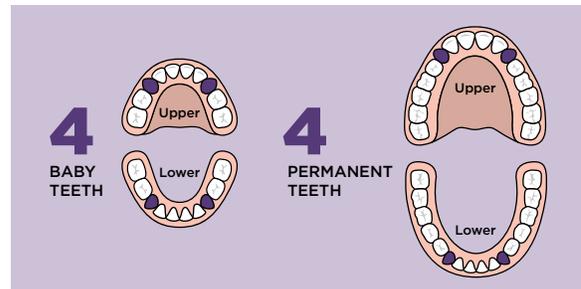
IKE Incisor



Incisors are in the front part of your smile. They're known for their sharp edges, which help you bite into food.

DELTA DENTAL

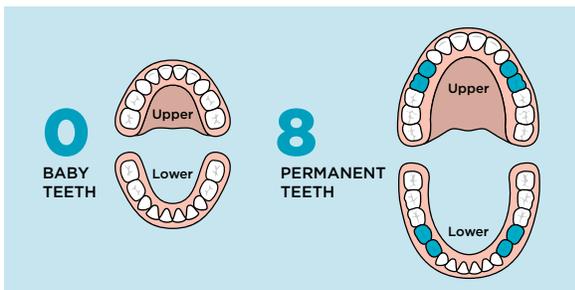
CARRIE Canine



Canines also answer to the name cuspids. Lining up next to the incisors, they're sharp and pointy so they can really tear into food.

DELTA DENTAL

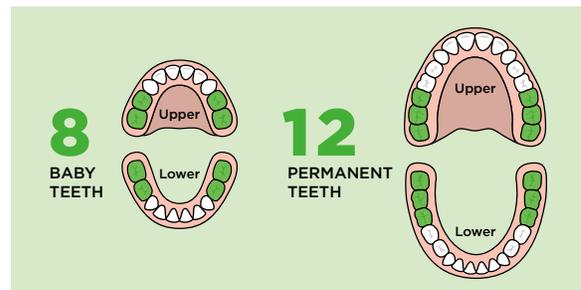
PIPER Premolar



Premolar is a nickname for bicuspid. These are bigger than canines and incisors, and they help grind food when you chew and move it to the back of your mouth. They are not part of your baby teeth team and they usually appear around age 10.

DELTA DENTAL

MANNY Molar



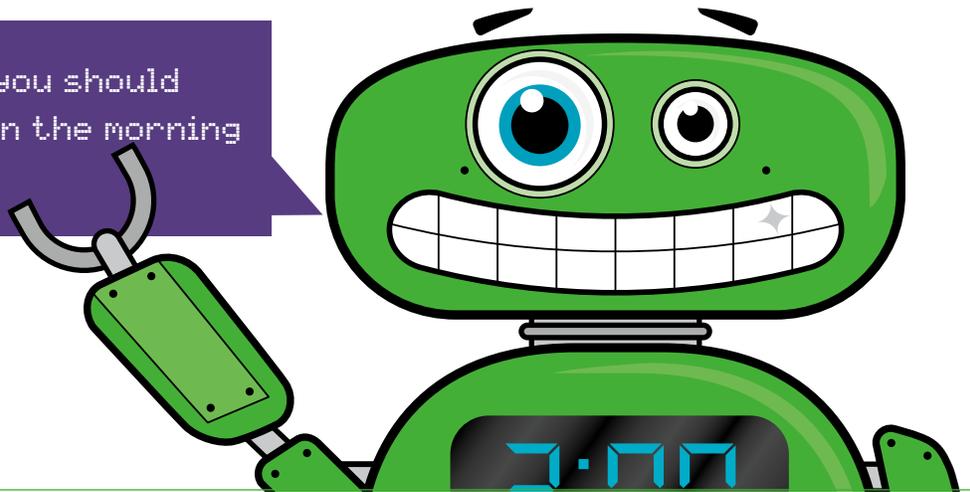
Big and strong, molars can be counted on to mash up your food to make it easier to swallow. The last teeth to join the team are 4 of your molars (your wisdom teeth). You probably won't see them until after you turn 17 years old!



Brush and floss with a robot

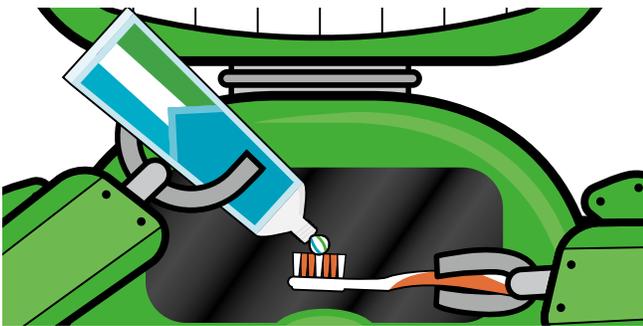
Make brushing more fun by pretending you are a robot. Read these directions in a robot voice while a parent, grandparent, brother or sister brushes.

"I have calculated that you should brush your teeth once in the morning and once at night."



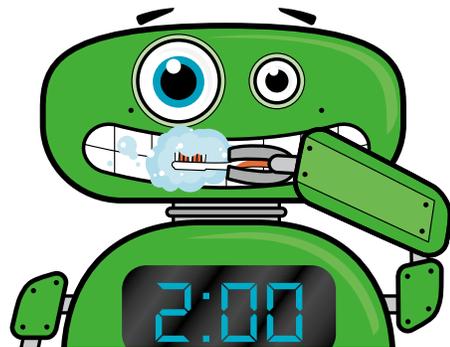
1

"Transfer fluoride toothpaste the size of a pea to your toothbrush."



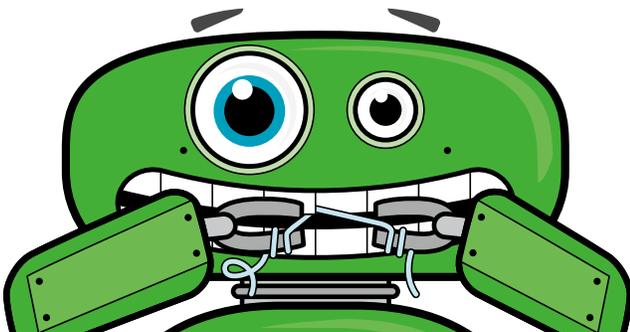
2

"Once brushing cycle begins, it should continue for 2 full minutes."



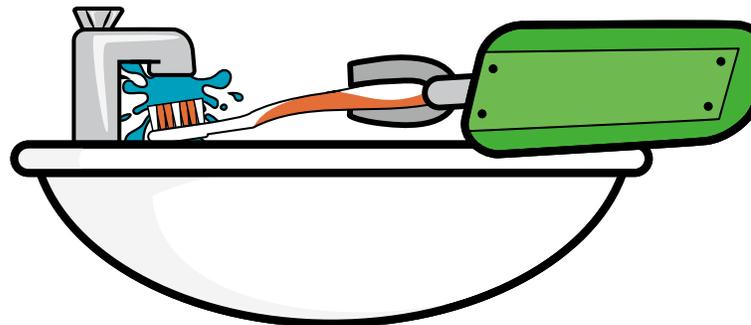
3

"Once daily, floss your human teeth to remove particles."



4

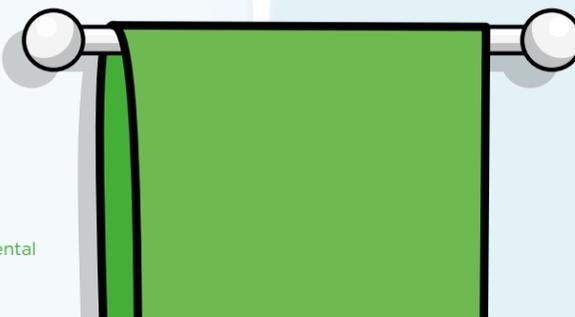
"Now that teeth shine like a robot, rinse the toothbrush and put away until next brushing cycle."



Where should you keep your toothbrush?

You brush your teeth twice a day for 2 minutes each time. That means your toothbrush is in your mouth 4 minutes a day. That's 240 seconds, so you want to keep it clean!

Did you know your toothbrush has about 2,500 bristles to keep clean?

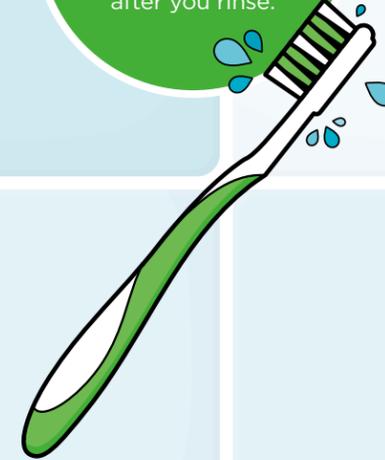


Follow these tips to keep it clean when you are done brushing:

1
Rinse leftover toothpaste off your brush.



2
Shake water off your toothbrush after you rinse.



3
Leave it standing upright in a holder so it can dry quickly.



4
Make sure it's not touching anything, like another toothbrush.



5
Keep the toothbrush holder clean and far enough away from the sink to keep from getting splashed by soap and dirty water. Make sure it is also at least 4 feet from the toilet. Yuck!



ARTICLE

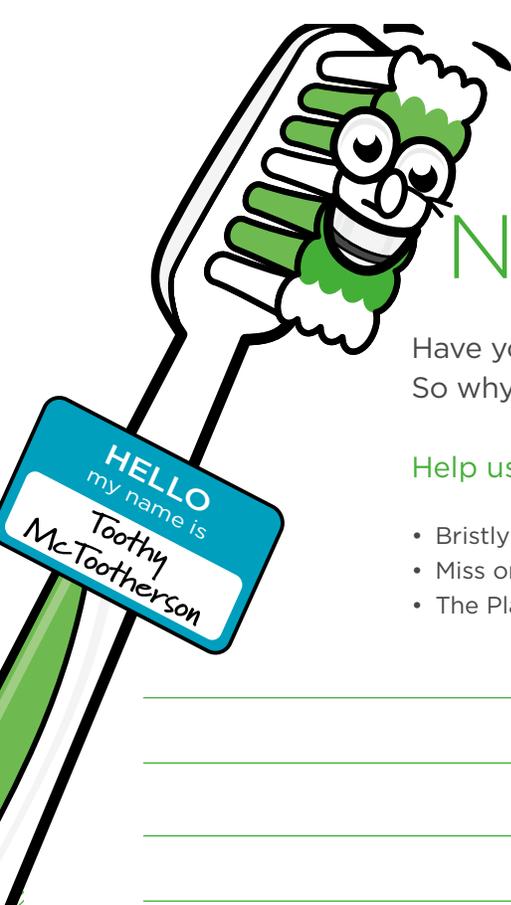
ARTICLE

Name your toothbrush

Have you named your toothbrush? After all, you see each other twice a day! So why not get friendly with your toothbrush? Giving it a name is fun!

Help us add to this list of names for your toothbrush. Be creative!

- Bristly
- Miss or Mr. Brushington
- The Plaque Attacker
- Buddy
- Molar Sanitizing Apparatus
(Our robot came up with that one!)



Use this code to add another name to your list.

1

Find the word next to the month you were born.

BIRTH MONTH

January	Governor
February	Major
March	Chief
April	Dr.
May	Coach
June	Professor
July	President
August	Captain
September	Super
October	General
November	Mayor
December	Your Royal Highness

2

For the second part of the name, find the word that goes with the first letter of your first name.

FIRST LETTER OF YOUR FIRST NAME

A	Brushy	N	Rinse Me
B	Bristles	O	Mouth Mate
C	Clean	P	Minty
D	Healthy	Q	Smiley
E	Tooth Polisher	R	Canine Cleaner
F	Shiny	S	Good Breath
G	Sparkly	T	Toothpaste Pal
H	Scrubber	U	Routine
I	Twice-a-Day	V	Goodbye Gum Disease
J	Friend of Floss	W	Cool
K	Bacteria Buster	X	Helper
L	Fresh	Y	Molar Mop
M	Bright	Z	Robot Shiner

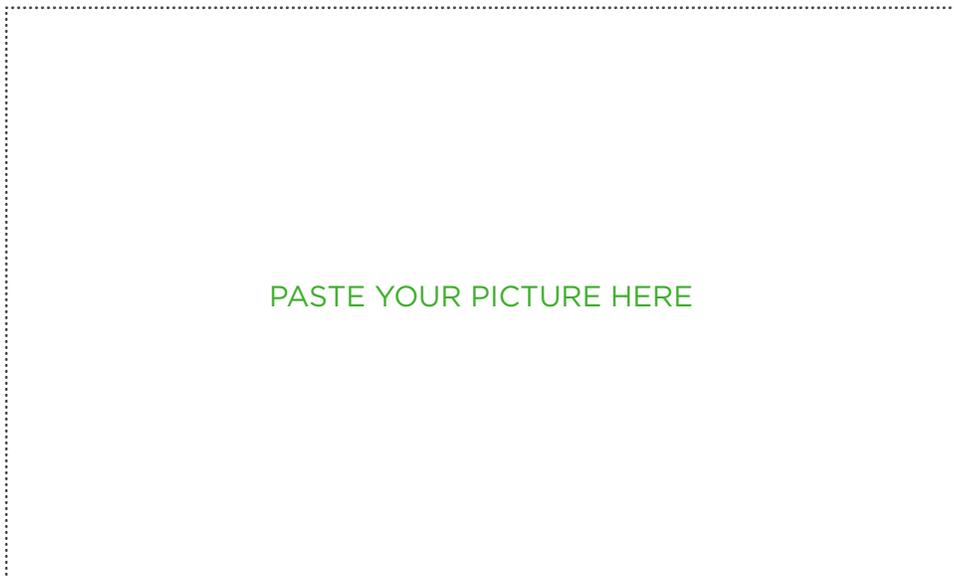
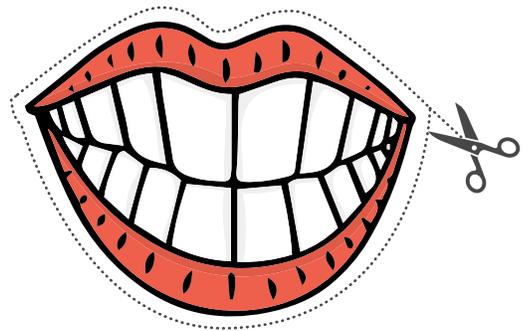
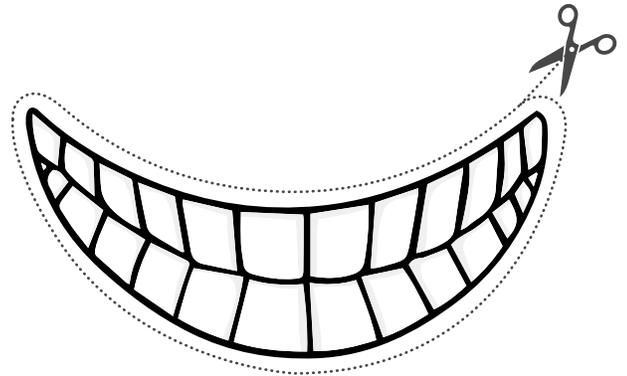
(Guess who suggested that one?)

ACTIVITY

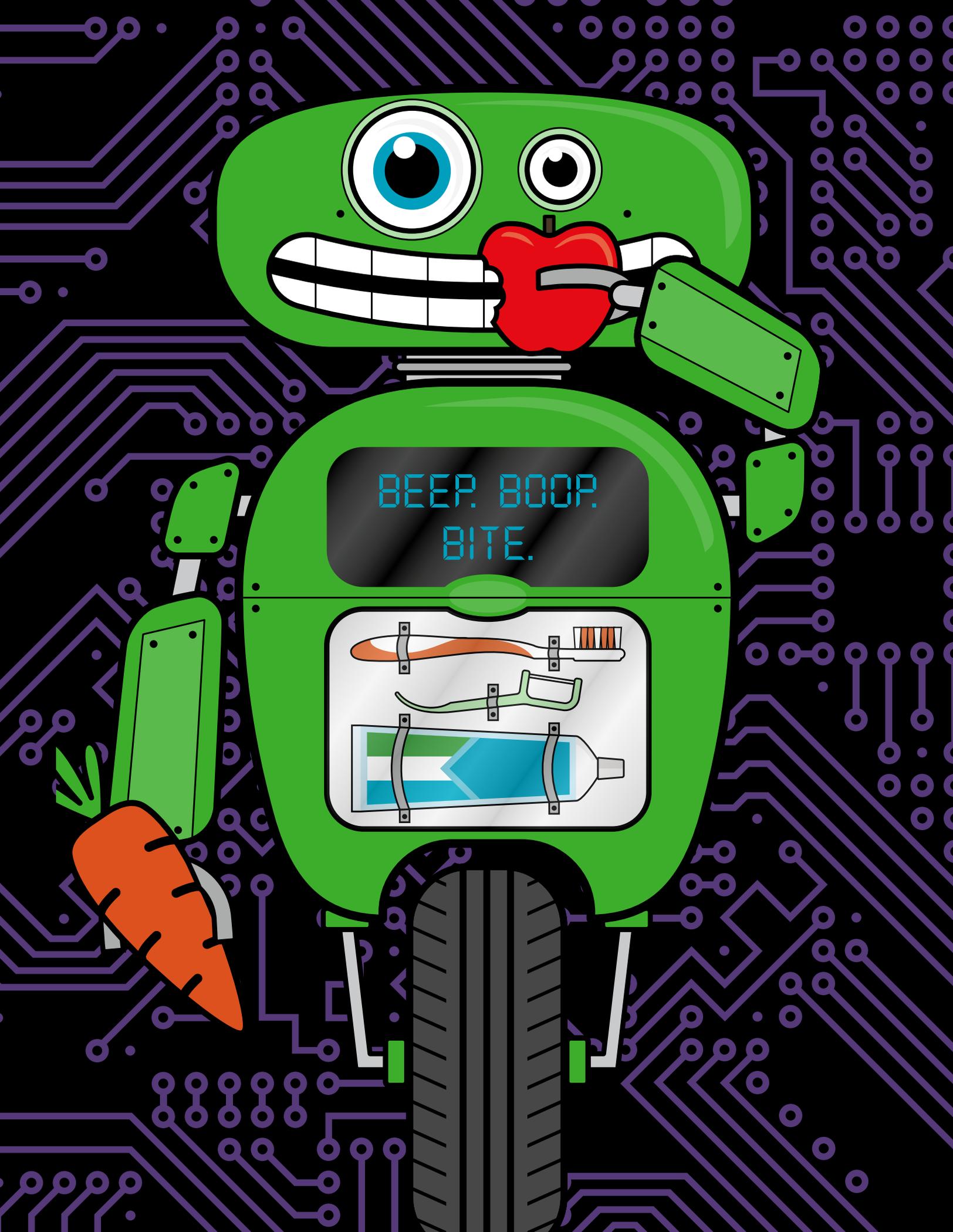
Make sure to change your toothbrush or toothbrush head at least every 3 months. You can give it a new name when you change it. You could even name your floss, too!

Silly smiles

These giant teeth look pretty goofy in these pictures. Now paste a new picture onto this page. It could be your pet, parent, teacher or anyone. It could even be you. Then cut out an extra pair of giant teeth and glue it onto the picture. Give it its very own silly smile.



PASTE YOUR PICTURE HERE



BEEP. BOOP.
BITE.

