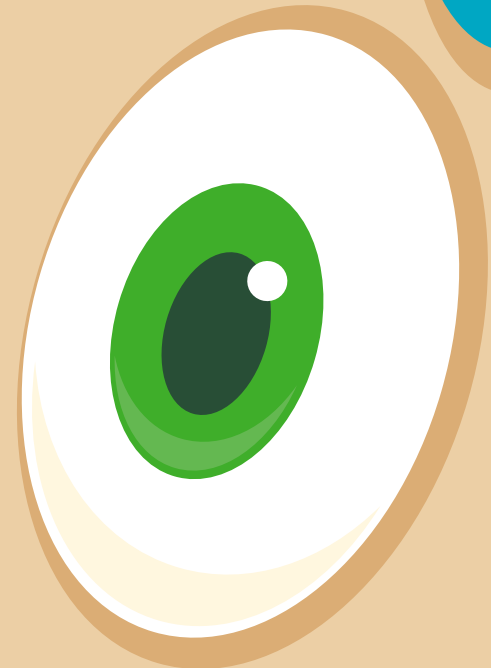
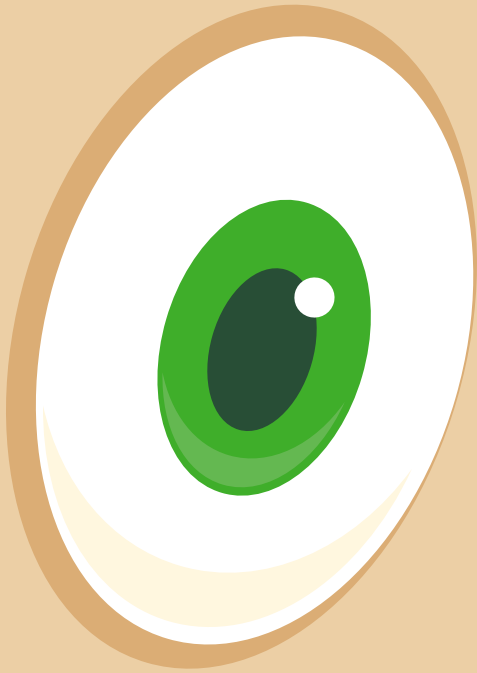


# grin!<sup>TM</sup>

special  
edition

for **KIDS**



# grin!<sup>™</sup>

for **KIDS**

- 
- 4** before there were toothbrushes
  - 5** mouth-friendly recipe:  
scooter snacks
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  - 10** the game of *grin!*
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  - 15** hello, my name is tooth
  - 18** science by the mouthful:  
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elephant toothpaste
  - 22** craft corner:  
turn your old toothbrush  
into a paintbrush!
  - 23** healthy mouth match

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## feature article

**16** mouthguard  
madness



## Dear parents and teachers,

Welcome to *Grin! for Kids*, a publication from Delta Dental. We believe learning about oral health can be fun, which is why we've developed engaging activities, crafts and more to keep kids interested in the importance of a healthy smile. Whether you work with children at home or in the classroom, *Grin! for Kids* is a great way to start a dialogue about good dental habits.

Have fun!



## four-word answers



How much time should a person spend brushing his or her teeth every year?

**More than 24 hours!\***

\*If you brush the recommended amount: twice per day, two minutes each time.

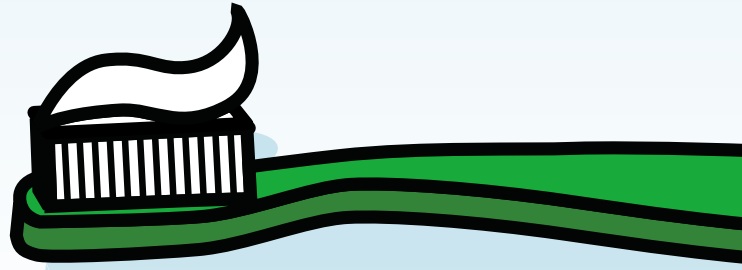
How is your tongue like your fingerprint?

They're both totally unique!



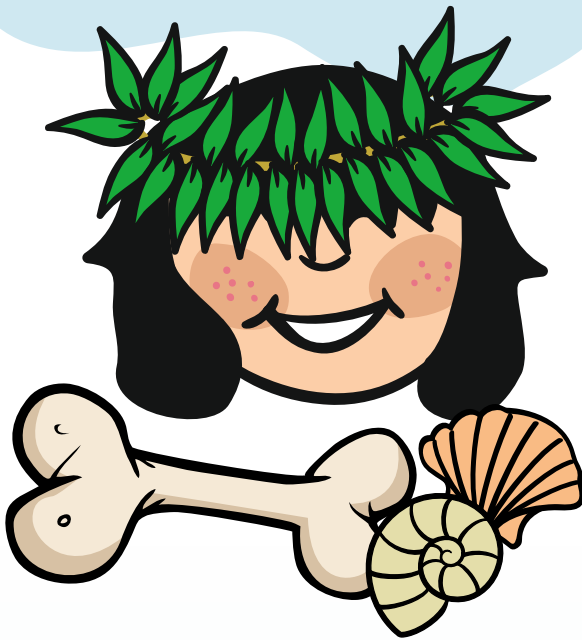
# BEFORE THERE WERE toothbrushes

You brush your teeth twice a day with a toothbrush, maybe even one with your favorite cartoon characters on it. And the toothpaste you put on your toothbrush probably tastes pretty good, like mint, bubble gum or strawberry. **BUT IT WASN'T ALWAYS THAT WAY!**



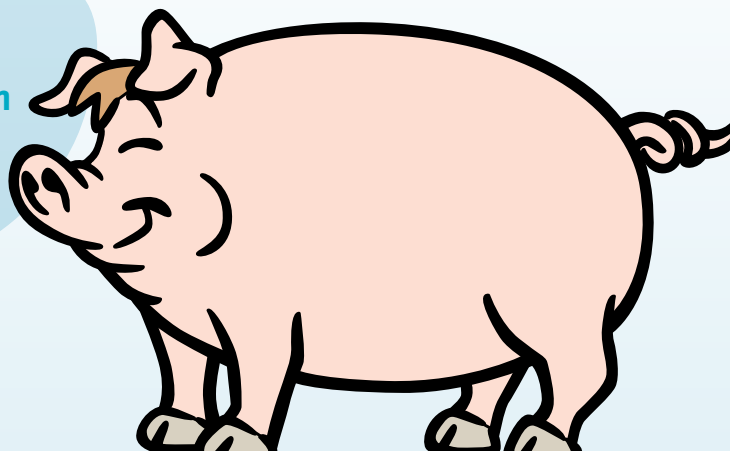
**Toothpaste made from BONES AND CRUSHED SHELLS?**

That's how the ancient Greeks used to keep their teeth clean.



**Ancient Egyptians USED TWIGS** that were frayed at the end to brush their teeth.

In the 1400s, people in China made **toothbrush bristles from HAIR FOUND ON PIGS' NECKS!**



mouth-friendly recipe:

# Scooter SNACKS

Combine playtime and snack time by building a mini scooter you can eat.

## INGREDIENTS:



## DIRECTIONS:

- 1 Make axles and wheels for your scooter by putting a zucchini slice on each end of two pretzel sticks.
- 2 Lay the string cheese stick across both axles.
- 3 Dab cream cheese on one end of the string cheese.
- 4 Insert two pretzel sticks into the cream cheese side-by-side vertically.
- 5 To create handlebars, use another dab of cream cheese to affix a pretzel stick horizontally across the top of the two pretzel sticks.
- 6 For hubcaps, add a cherry tomato half to each end of your zucchini slices.
- 7 Use cream cheese to stick an olive headlight and tail light to each end of the string cheese.



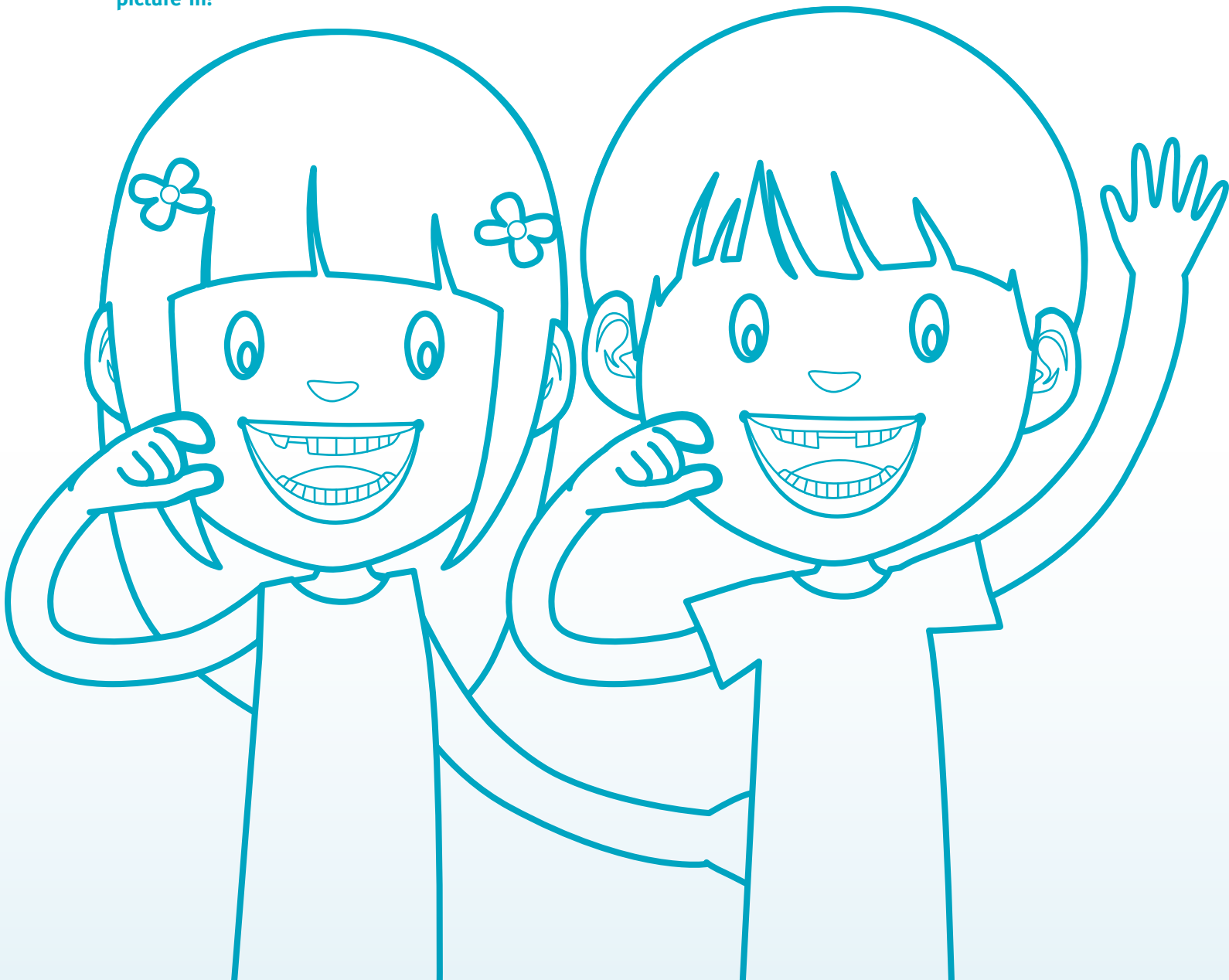
*Vroom!*



# LOST: YOUR TOOTH!

*Even though you only have baby teeth for a few years, it's important to take good care of them. Healthy baby teeth help you chew food and speak properly. They also save room for your permanent teeth.*

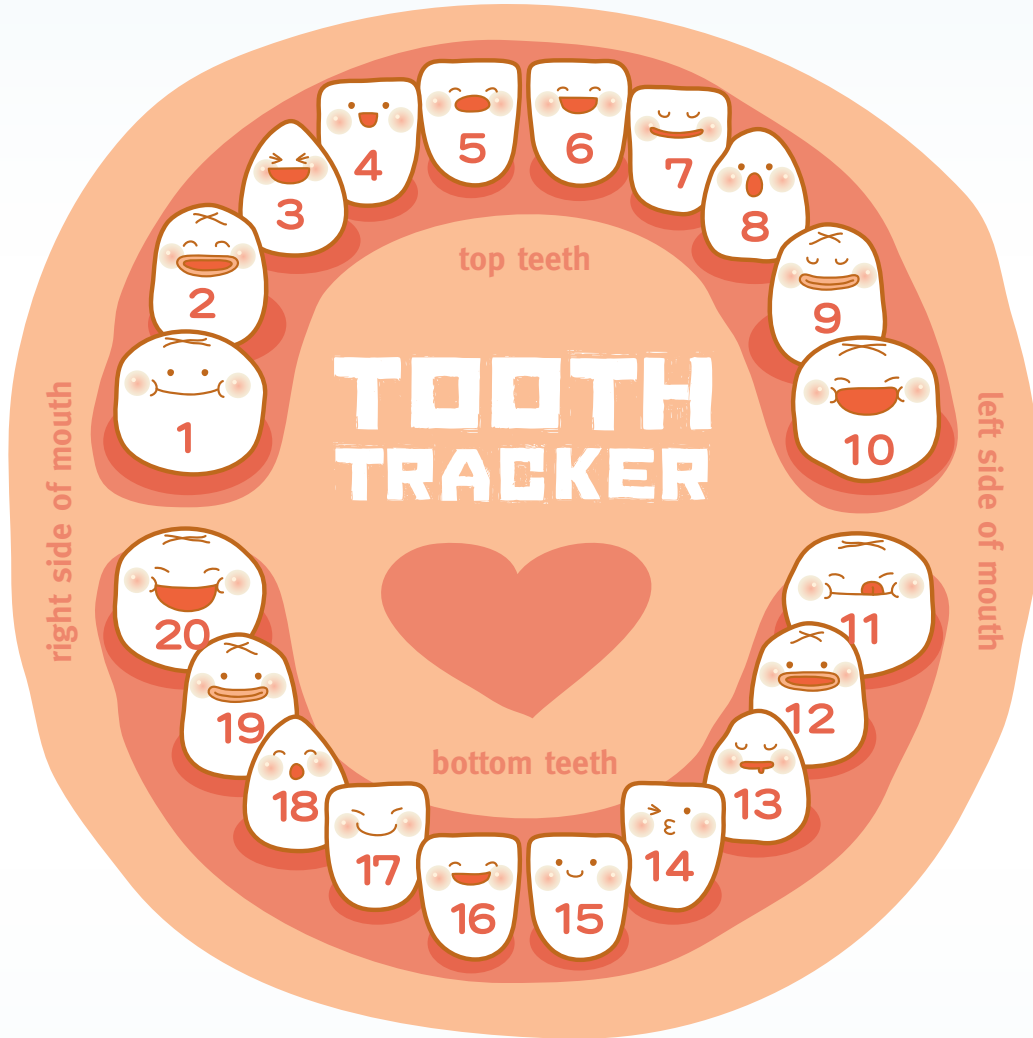
**Help these kids keep their teeth healthy by drawing toothbrushes in their hands. Then, color the picture in!**



Keep track of the teeth you've lost by coloring them in when you lose them. You can also write down when and where you lost your tooth, if you remember! Store the Tooth Tracker somewhere safe so you can color the next tooth you lose.

## FUN FACT

Your teeth usually fall out in the order they came in!

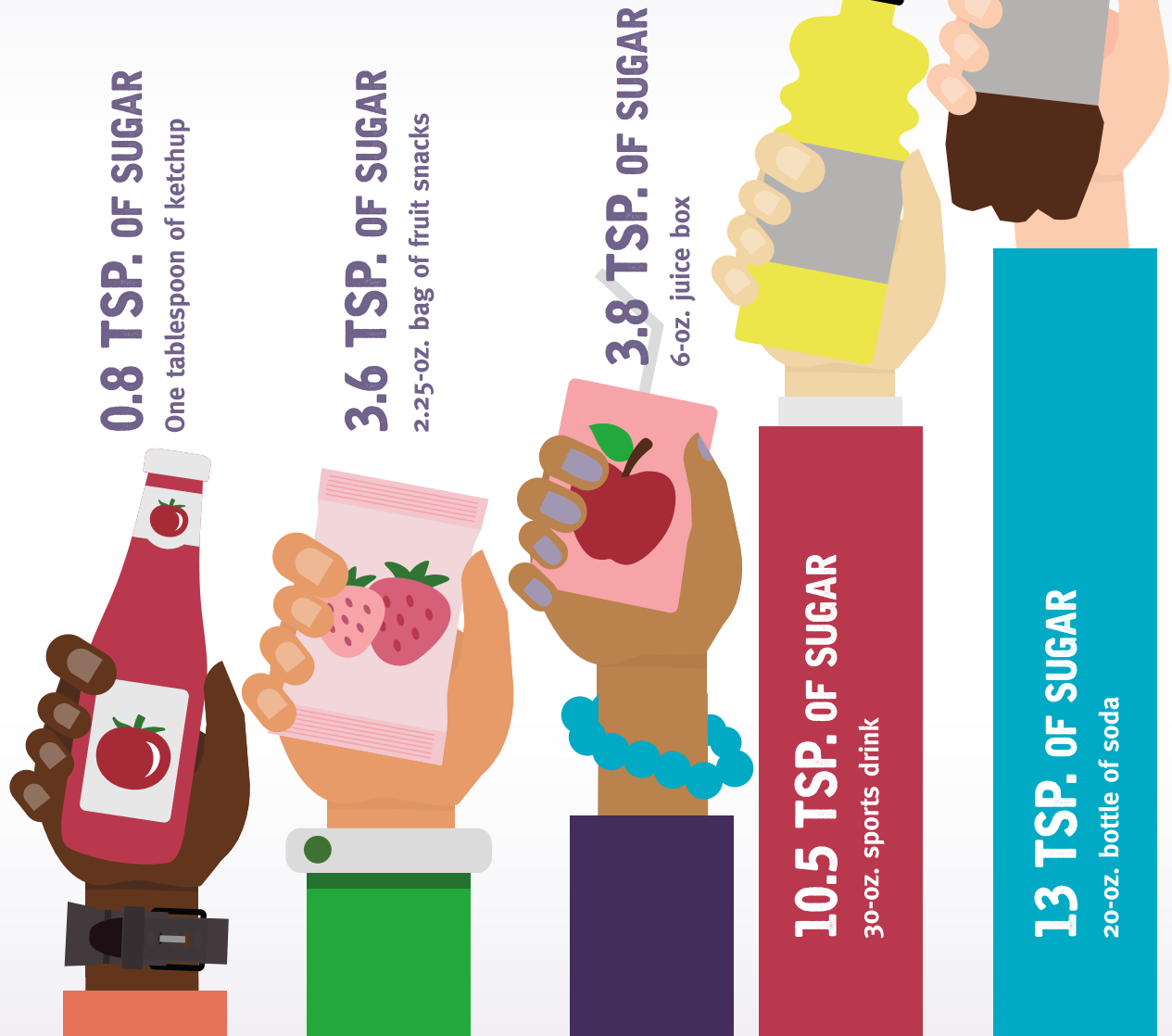


## DATE OF TOOTH LOST

top teeth		bottom teeth	
1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____
		11	_____
		12	_____
		13	_____
		14	_____
		15	_____
		16	_____
		17	_____
		18	_____
		19	_____
		20	_____

# SUGAR SHOCK

*You know treats like candy, cookies and cupcakes have sugar in them. That's what makes them so sweet! But you might be surprised to learn they're not the only items that contain sugar.*



**1 TEASPOON**  
of sugar

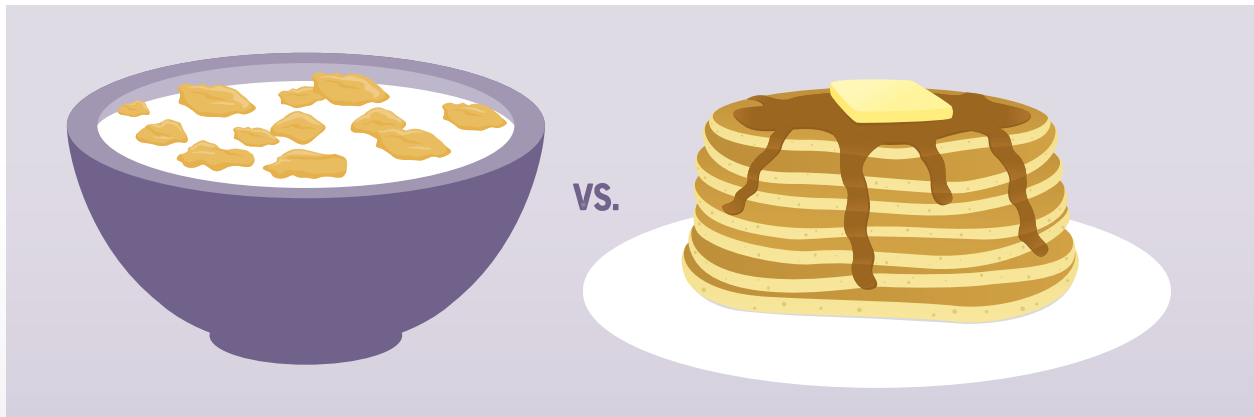
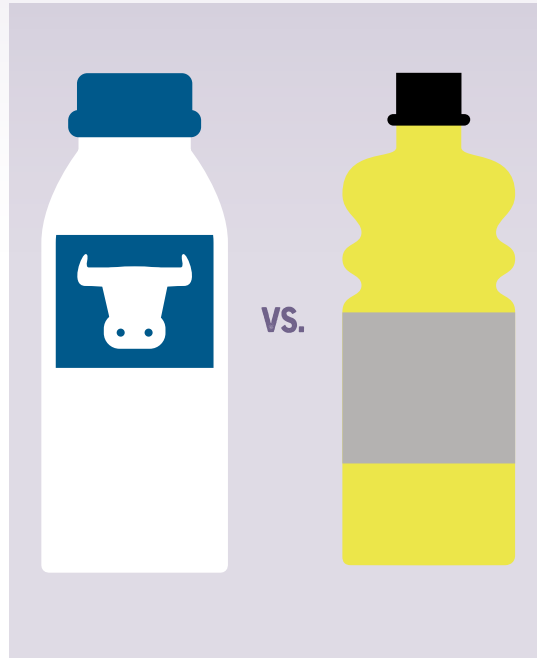
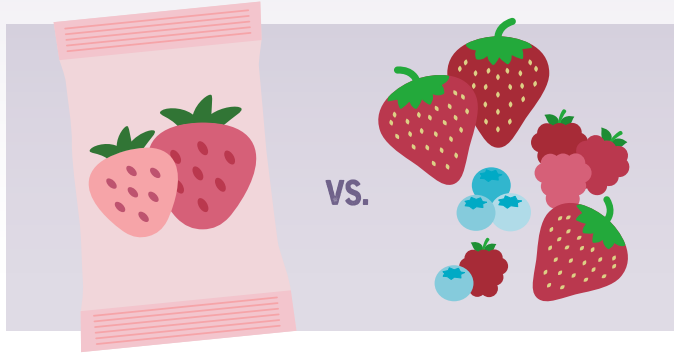
ACTUAL SIZE

## TRY THIS SHOCKING EXPERIMENT.

With the help of an adult, get a measuring teaspoon and a bag of sugar. Pick one of the items shown above. Using the teaspoon, scoop the amount of sugar listed for that item into a bowl. You'll be surprised how quickly the sugar adds up! (When finished, just pour the sugar back into the bag.)



**CIRCLE** THE ITEM IN EACH GROUP THAT CONTAINS LESS SUGAR AND IS HEALTHIER FOR YOUR TEETH.



**SOMETIMES YOU'RE GOING TO HAVE FOOD OR DRINKS WITH SUGAR IN THEM. YOU CAN'T ALWAYS AVOID SUGAR, SO MAKE SURE YOU DO A GOOD JOB OF BRUSHING AND FLOSSING TO KEEP YOUR TEETH CLEAN AND HEALTHY.**

ANSWER KEY: Berries, nuts, milk and cereal.

# THE GAME OF grin!

With The Game of *Grin!*, stopping tooth decay can be fun!

## HOW TO PLAY:

1. Grab a die and some game pieces from another board game. You can also use coins as game pieces.
2. On your turn, roll the die and move your game piece according to the number.
  - If you land on a space that's **BAD** for your teeth (such as potato chips or candy), go back two spaces.
  - If you land on a space that's **GOOD** for your teeth (such as broccoli or milk), move forward two spaces.

**SHORTCUTS:** If you land on the Toothbrush Bridge or Floss Way, follow the trail to the end of the shortcut.

**TAFFY SPACES:** If you land on a sticky taffy space, you're stuck there and lose your next turn.

**WINNING:** The first person to reach the Tooth Fairy's castle wins the game!

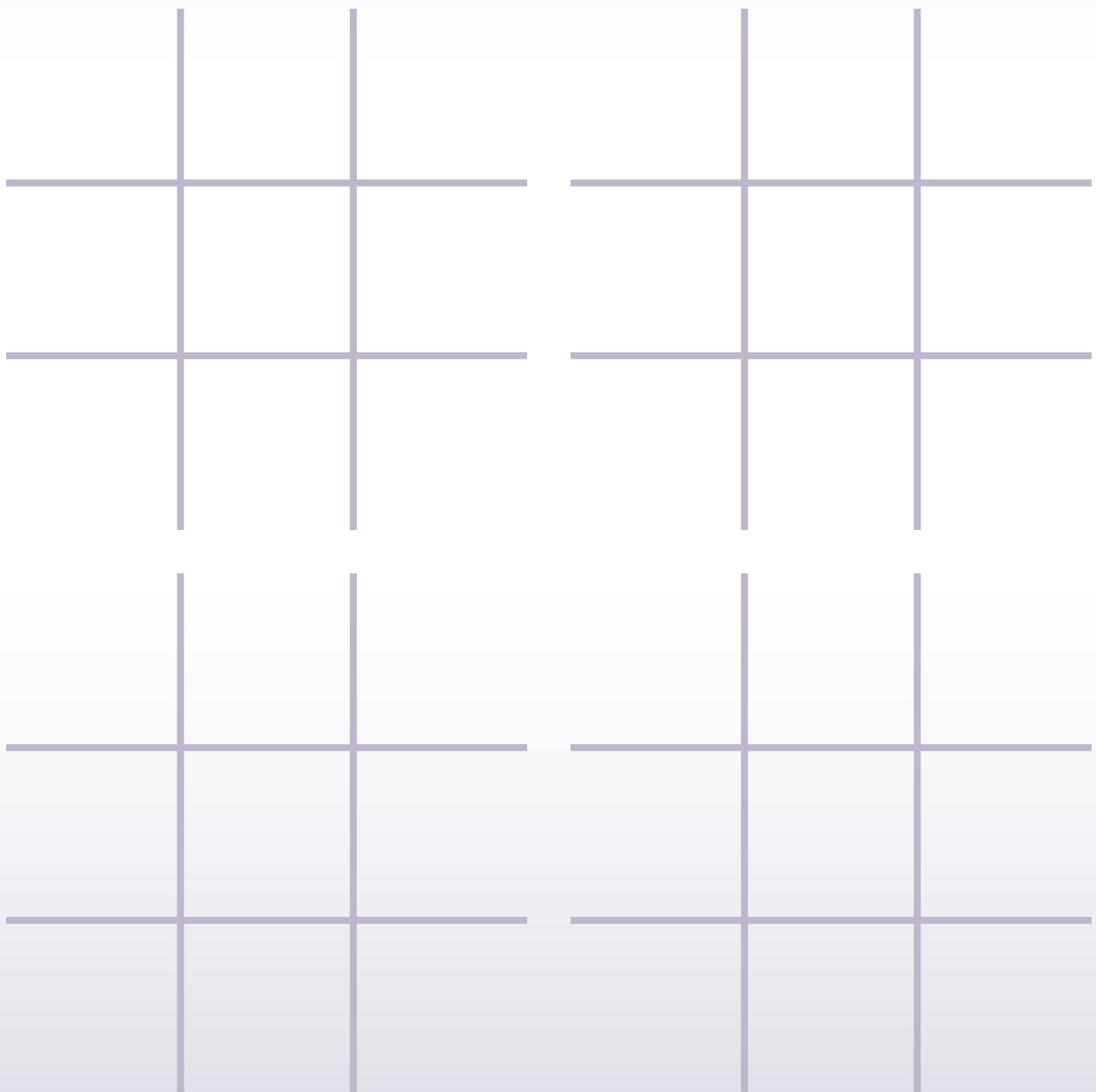


GOOD FOR YOUR TEETH: Cheese, milk, apple, yogurt, broccoli and water.  
 BAD FOR YOUR TEETH: Lollipop, candy, potato chips, soda and doughnut.

# TIC-TAC-TOOTH



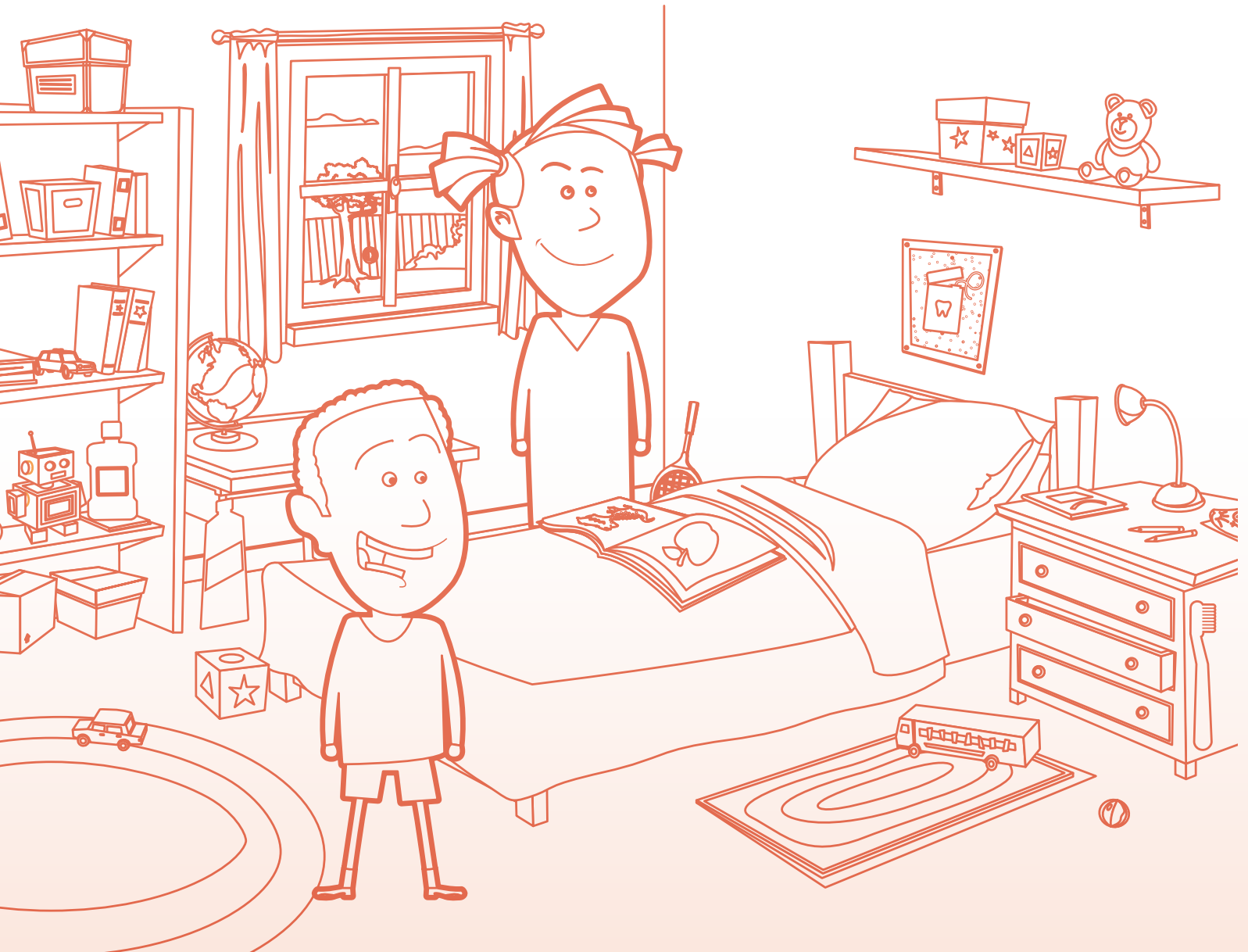
Skip the boring X's and O's – play Tic-Tac-Tooth instead! Grab a partner and decide who will draw toothbrushes and who will draw teeth. The first person picks a box to draw his or her symbol in. (You have four grids, so take turns going first.) Then, the second person gets to place a symbol in an empty box. Whoever is first to get three symbols in a straight line wins! **YOU CAN WIN WITH A LINE GOING UP AND DOWN, ACROSS OR DIAGONAL.**



# Keep your MOUTH HEALTHY

From brushing your teeth to eating good foods, there are lots of ways to help keep your mouth healthy. Can you find five items that help keep your smile in good shape?

*Hidden objects:*



# BRUSHING & FLOSSING CALENDAR

To keep your teeth healthy, you need to brush them for two minutes twice a day using fluoride toothpaste. And floss once a day. Cut out this chart to help you remember.

 DELTA DENTAL



## I BRUSHED & FLOSSED MY TEETH!

	BRUSHED MORNING	BRUSHED NIGHT	FLOSSED
<b>MONDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TUESDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>WEDNESDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>THURSDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>FRIDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SATURDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SUNDAY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### KIDS:

Keep this chart in your bathroom. Check the box each morning you brush and each night you brush and floss.

### PARENTS:

Center this chart in an 8 x 10 frame and use a dry-erase marker on the glass so you can reuse the same sheet over and over. It's also a cute piece to hang in your bathroom!

**DECORATE THE CALENDAR BY COLORING IT OR ADDING STICKERS!**



HELLO  
MY NAME IS

# Tooth

*There's a lot more to teeth than what you can see from the outside. Here's a closer look at what's inside every tooth.*

## Crown

This is the part of the tooth you can see above your gums.

## Enamel

The crown of your tooth is covered with enamel, a hard substance that helps you bite and chew.

## Dentin

This is a layer of tissue between the enamel and pulp.

## Pulp

This is a soft material inside of your tooth.

## Root

The root is the largest part of your tooth, but it's below your gums, so you can't see it. It helps keep your tooth "planted" in your mouth.

## Nerves and blood vessels

These are inside of the pulp. They bring good vitamins and minerals to your teeth to keep them healthy.

## Cementum

This is a layer of bone-like material that covers the tooth root.

*That's a lot of stuff packed into each little tooth! It's something to think about the next time you brush and floss.*

# MOUTHGUARD MADNESS

*Mouthguards are pretty amazing! They're just little, bendy pieces of plastic, but mouthguards can protect your mouth from jaw injuries, cuts on your lips and tongue, and even broken or lost teeth.*



If you play a sport or enjoy activities where you could hurt your mouth by falling, getting hit by something or running into someone, you should wear a mouthguard. Look at the pictures below and circle the activities that require a mouthguard for protection.





ANSWER KEY: Wear a mouthguard when playing baseball, soccer and skateboarding. You do not need a mouthguard for walks, yoga or drawing.





# SCIENCE BY

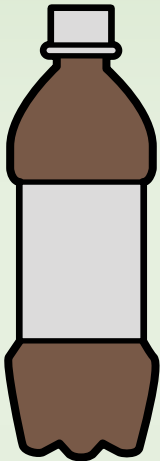
## EXPERIMENT 1

# STAIN EGGS-PERIMENT

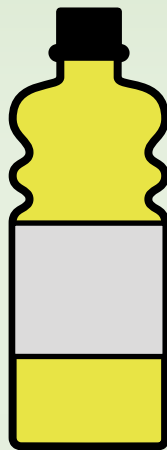
*Some drinks can leave stains on your teeth – but which drinks? Try soaking eggs in different liquids to see if any of them dye the shells. What do you think will happen?*

## HERE'S WHAT YOU NEED:

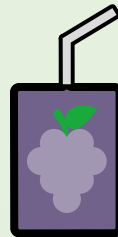
### DRINKS TO EXPERIMENT WITH:



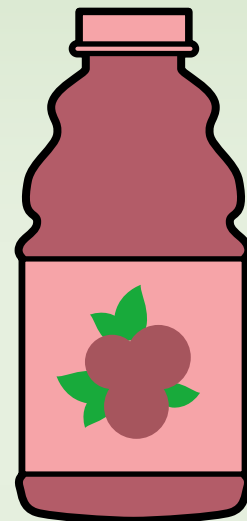
SODA



SPORTS DRINK



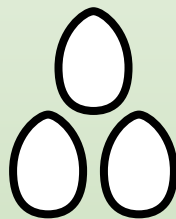
GRAPE JUICE



CRANBERRY JUICE



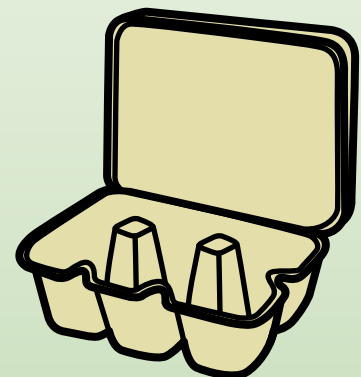
CONTAINERS  
(GLASSES OR CUPS)



WHITE EGGS  
(ASK A GROWN-UP TO  
HARD-BOIL THEM IN  
CASE YOU DROP ONE!)



OLD TOOTHBRUSH



OLD EGG CARTON

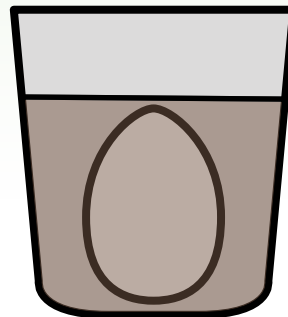
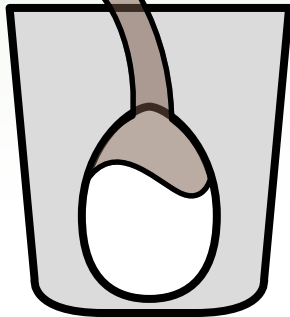
# THE MOUTHFUL

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A DENTIST? A SCIENTIST? HOW ABOUT BOTH – A DENTAL SCIENTIST? GRAB YOUR LAB COAT AND GET A GROWN-UP TO HELP YOU WITH THESE TWO FUN EXPERIMENTS.

## DIRECTIONS:

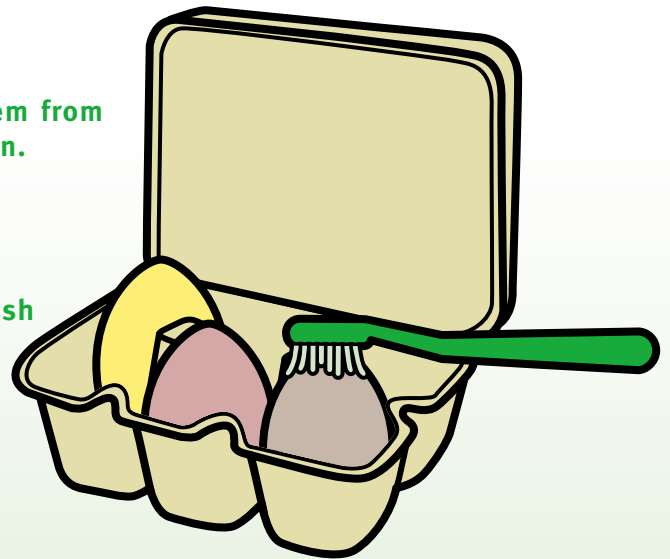
**1** Place an egg into each container.

**2** Pour enough liquid into the containers to completely cover the eggs. Let them soak for at least an hour. You can also let them soak overnight.



**3** When the eggs are done soaking, remove them from the containers and put them in the egg carton. This keeps your hands from getting messy during the next step.

**4** If your eggs are stained, use an old toothbrush and try to brush the stains away.



## WERE YOUR EGGS STAINED? WHICH DRINKS STAINED THE MOST?

You can also try soaking eggs in other liquids. Do you think regular milk will leave a stain? Chocolate milk? Fruit punch? Have fun experimenting!



# SCIENCE BY

## EXPERIMENT 2

# ELEPHANT TOOTHPASTE

Because you're a human, it only takes a pea-size amount of toothpaste on your toothbrush to keep your mouth clean. If you were an elephant, though, it would take tons of toothpaste. Get ready to see what elephant toothpaste might look like!

## HERE'S WHAT YOU NEED:



AN EMPTY  
20-OZ.  
SODA BOTTLE



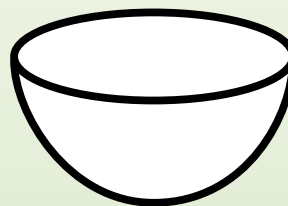
2 TABLESPOONS  
WARM WATER



1 TEASPOON YEAST



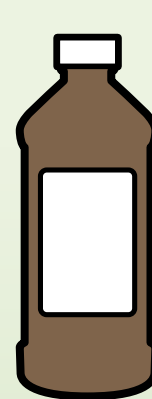
FUNNEL  
(OPTIONAL)



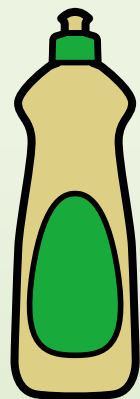
BOWL



FOOD COLORING



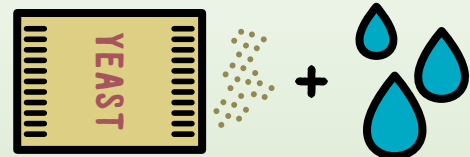
1/2 CUP HYDROGEN  
PEROXIDE (6%)



DISH  
SOAP

## DIRECTIONS:

- 1 Place your empty bottle on a tray.
- 2 With the help of a grown-up, mix the yeast and the warm water together in a separate bowl.



# THE MOUTHFUL

**3** Pour the hydrogen peroxide into the bottle using a funnel, if you have one.

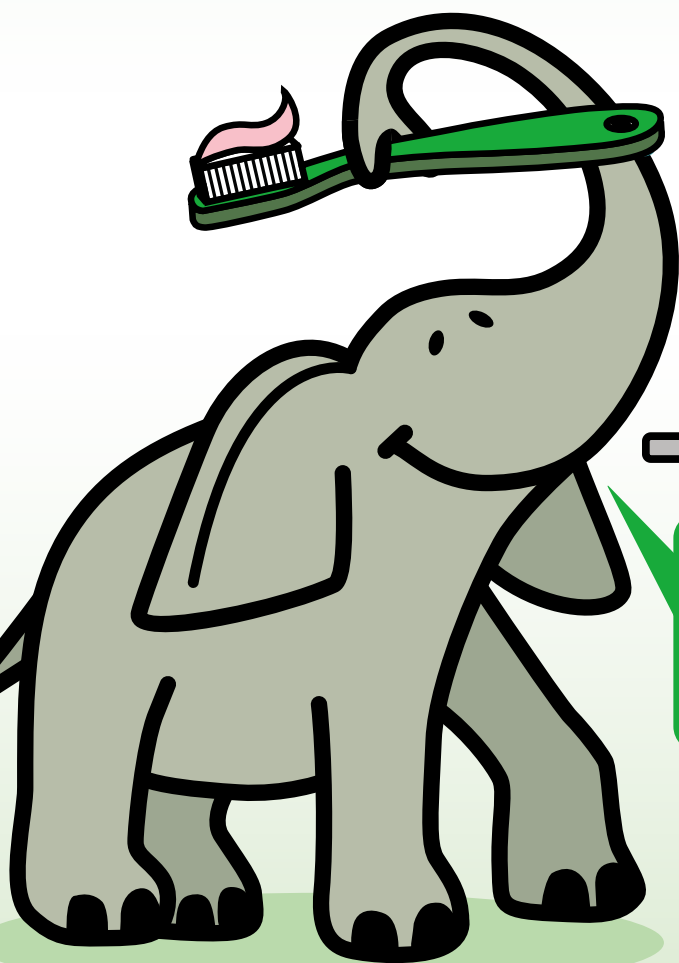
**4** Add a squirt of dish soap to the hydrogen peroxide in the bottle – this is what makes your toothpaste foamy.

**5** Add food coloring based on what “flavor” the toothpaste will be. Try green for mint, or a little bit of red for strawberry or bubble gum!

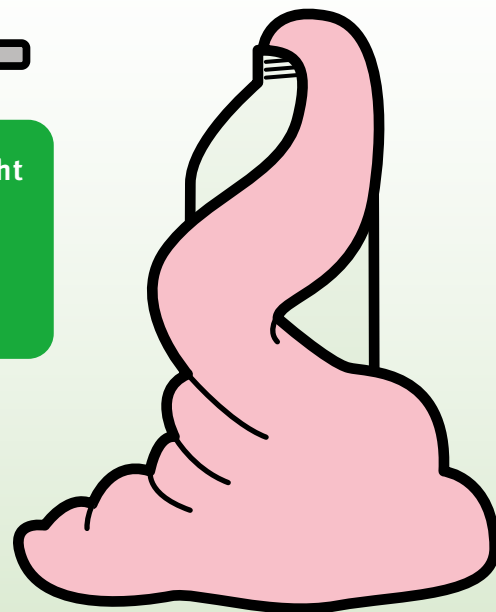
**6** Pour the yeast-and-water mixture into the bottle.

**7** Stand back and watch your elephant toothpaste grow!

Note: The bottle will get a little warm and steamy from the reaction, so handle with care!



This toothpaste might work for me – but it's not for humans! DO NOT USE IT TO BRUSH YOUR TEETH.





# GRAFT CORNER

## TURN YOUR OLD TOOTHBRUSH INTO A PAINTBRUSH!

Did you know you should replace your toothbrush every three months? That's when the bristles usually start looking worn out. You should also get a new toothbrush if the bristles look frayed. **Instead of just throwing the old one away, turn your toothbrush into a paintbrush! The bristles will make some fun patterns. Try it out with the help of a grown-up.**

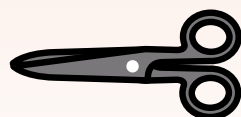
### HERE'S WHAT YOU NEED:



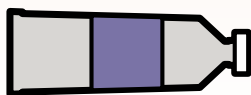
OLD NEWSPAPER



OLD TOOTHBRUSH



SCISSORS



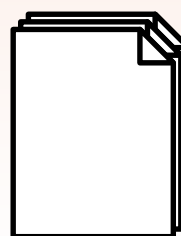
PAINT



BOWL



GLASS OF WATER



PAPER FOR PAINTING



APRON OR OLD SHIRT

### DIRECTIONS:

- 1 Cover a flat surface, such as a table or counter, with newspaper or butcher paper. You may also want to wear an old shirt or apron. Painting can be messy!
- 2 Put a blank piece of paper in the middle of the newspaper. Cut a shape out of another piece of paper and lay it in the middle of the blank sheet to act as a stencil.
- 3 Put paint in bowls. You'll need one bowl for each color of paint you want to use.
- 4 Fill a cup with water. Dip the toothbrush in water, then in paint. Hold the toothbrush so the bristles face the paper.
- 5 Using the toothbrush, paint around the shape to create an outline on the blank piece of paper.
- 6 Remove the stencil to reveal the picture underneath! Be sure to wash your hands when you're done.

**YOU CAN TRY WATERCOLOR OR ACRYLIC PAINTS, EXPERIMENT WITH DIFFERENT SHAPES, MIX DIFFERENT COLORS, TRY DIFFERENT BRUSHING PATTERNS – THE POSSIBILITIES ARE ENDLESS!**



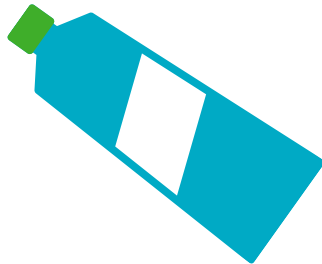
# HEALTHY MOUTH MATCH

Test your memory – and your dental knowledge – with this match game. Cut out the squares along the dotted lines, then mix them all up and lay them picture side down. Take turns with a partner trying to find the images that match.

**THE PLAYER WITH THE MOST MATCHES AT THE END OF THE GAME WINS!**



Brush your teeth in oval-shaped motions for the most cleaning power.



A pea-size amount of toothpaste is all you need.



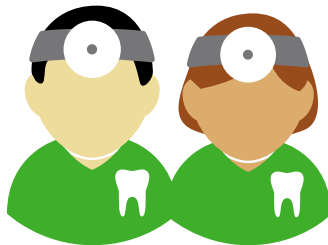
Most kids lose their first baby tooth around age 6.



For a healthy smile, eat lots of fruits and vegetables.



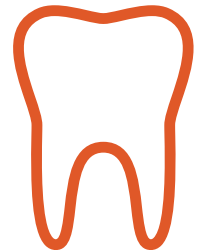
You should use 18 inches every time you floss.



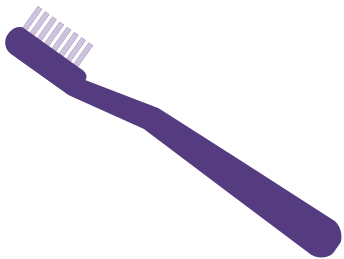
Visit your dentist regularly to keep your smile healthy.



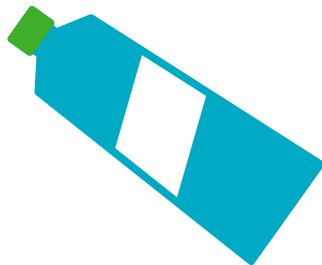
Protect your teeth by wearing a mouthguard.



Humans have 20 baby teeth and 32 permanent teeth.



Remember to brush your tongue!



Fluoride toothpaste helps prevent cavities.



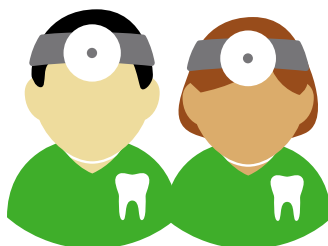
Most kids have all their permanent teeth by age 13.



Vitamin C found in foods like berries and broccoli can help with healthy gums.



Don't forget to floss the back side of your back teeth!



You're never too young to visit the dentist!



Wear a mouthguard for activities such as volleyball, soccer and skateboarding.



Teeth are protected by a hard shell called enamel.

