

grin!®

for **KIDS**





ARTICLES

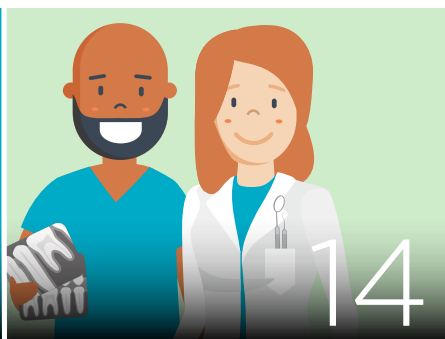


Tips from a teeth genius

Walk through the lab of a teeth genius to uncover a top-secret formula for happy smiles.

- 8 Get the scoop on cavities
- 9 Why X-rays are x-tra handy
- 11 Teeth trailblazers

ACTIVITIES

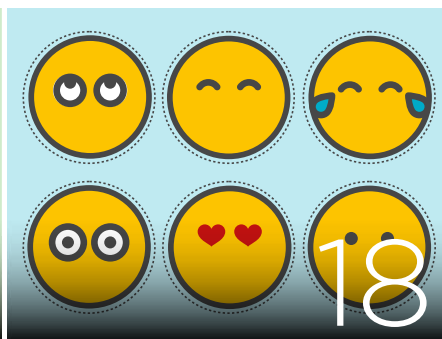


Meet the people at your dentist's office

Learn about their jobs and find the tools they use to take care of your teeth!

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ARTS & CRAFTS



Emoji expressions

Show your artistic side and help give some emojis their missing smiles.

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Tooth Fairy door hanger

Chuckle corner



What game do dentists play at slumber parties?

Tooth or dare!



What has teeth but can't eat?

A comb!

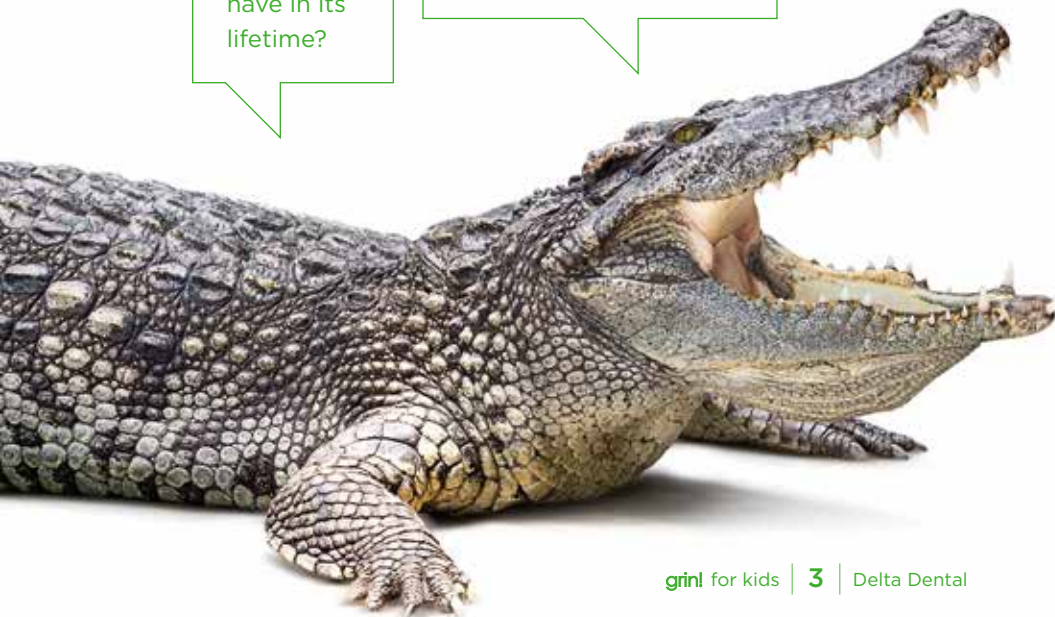


4

word answers

How many teeth can an alligator have in its lifetime?

As many as 3,000.



How old are lion cubs when they start to get teeth?

Just three weeks old.



Tips from a

TEETH GENIUS



Hello, there.

Welcome to my smile lab! Follow me as I show you my special formula for happy smiles.

1

This is my mega nifty toothbrush that I use to clean my teeth, gums and tongue. Check out the chalkboard for my brushing equation.

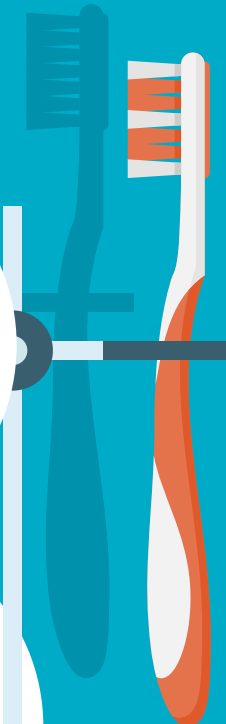
2

The next ingredient in my formula is fluoride toothpaste.

This stuff has tiny elements that work hard to protect teeth.

3

After I brush, I floss to remove food and bacteria that are stuck between my teeth.



4

When I play sports or do activities that could hurt my mouth, I always wear a mouth guard.

5

This lab station is all about food! Some foods help teeth. Other foods can hurt them. Too much sugar and you're headed for some pretty unhappy teeth.

6

Even though I'm a teeth genius, I still visit the dentist for regular checkups. No one can clean teeth like the dentist and hygienist.



Eating foods like fruits, veggies, meat and cheese will help keep your smile healthy.

Use my formula for happy smiles and you can stay grinning for a long, long time.

(BRUSH IN THE MORNING + BRUSH BEFORE BED)
X
2 MINUTES EVERY TIME YOU BRUSH

4 MINUTES
OF BRUSHING EVERY DAY

Based on my math, brushing for four minutes per day equals super fresh breath and leads to healthier teeth.



Dentist Dan

Happy smiles mix-up

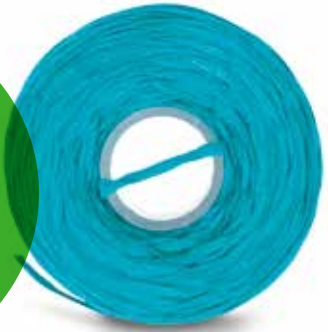
The words below are all jumbled up! Unscramble them to find out the answers.

What ingredient should your toothpaste have?



lriuefdo

How can you remove food and bacteria stuck between your teeth?



slofs

How much time should you spend brushing your teeth?



wot nemusti ciwet a yda

What should you wear when you play sports?



tohum raudg

What is in food and drinks that can cause cavities?



grusa

Who do you visit for checkups and cleanings?



dsttine

Answers (from left to right): fluoride, floss, two minutes twice a day, mouth guard, sugar, dentist

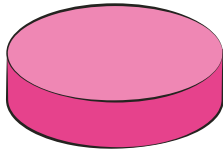
Experiment:

Plaque spotter

The best time to stop cavities is before they start. And that means preventing plaque buildup. Try this experiment to spot plaque hiding on your teeth.

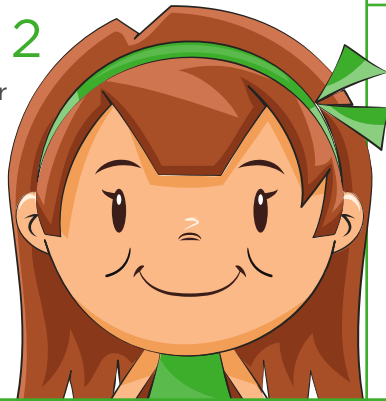
1

Ask an adult to pick up plaque disclosing tablets from the store in the oral health aisle.



2

Chew the tablet for about 30 seconds. Don't swallow!



3

Swish it around in your mouth so it can get to all of your teeth.



4

Spit in the sink or a cup.



5

Check out your smile in the mirror. The parts of your teeth with a bright color have plaque on them.



6

Brush and floss really well to remove plaque.

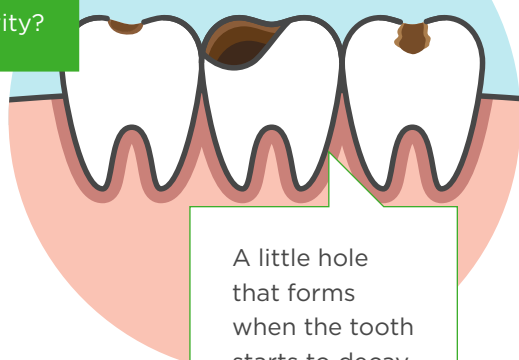


Remember to brush and floss those spots in the future to really make your smile sparkle!

Get the scoop on cavities

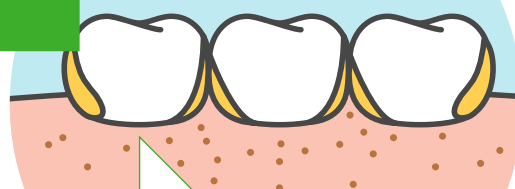
If you've heard your parents or teachers mention the word "cavities," you might wonder what they are. Well, wonder no more! Check out our Q&A for everything you need to know about cavities.

What is a cavity?



A little hole that forms when the tooth starts to decay.

What causes a cavity?



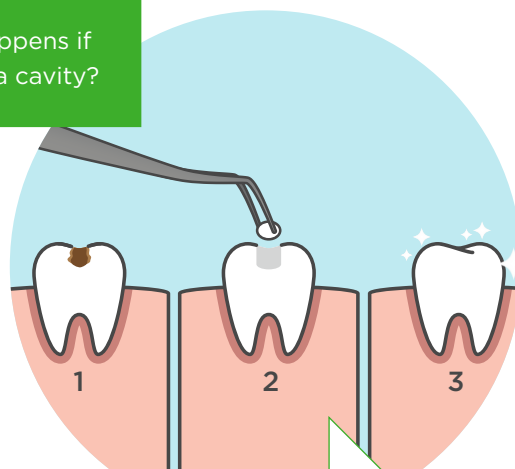
When you don't brush and floss properly, the bacteria in your mouth can form a sticky substance called plaque that coats your teeth. Plaque creates acids that can attack the outside of a tooth. If this happens, a cavity may form.

Why are cavities bad?

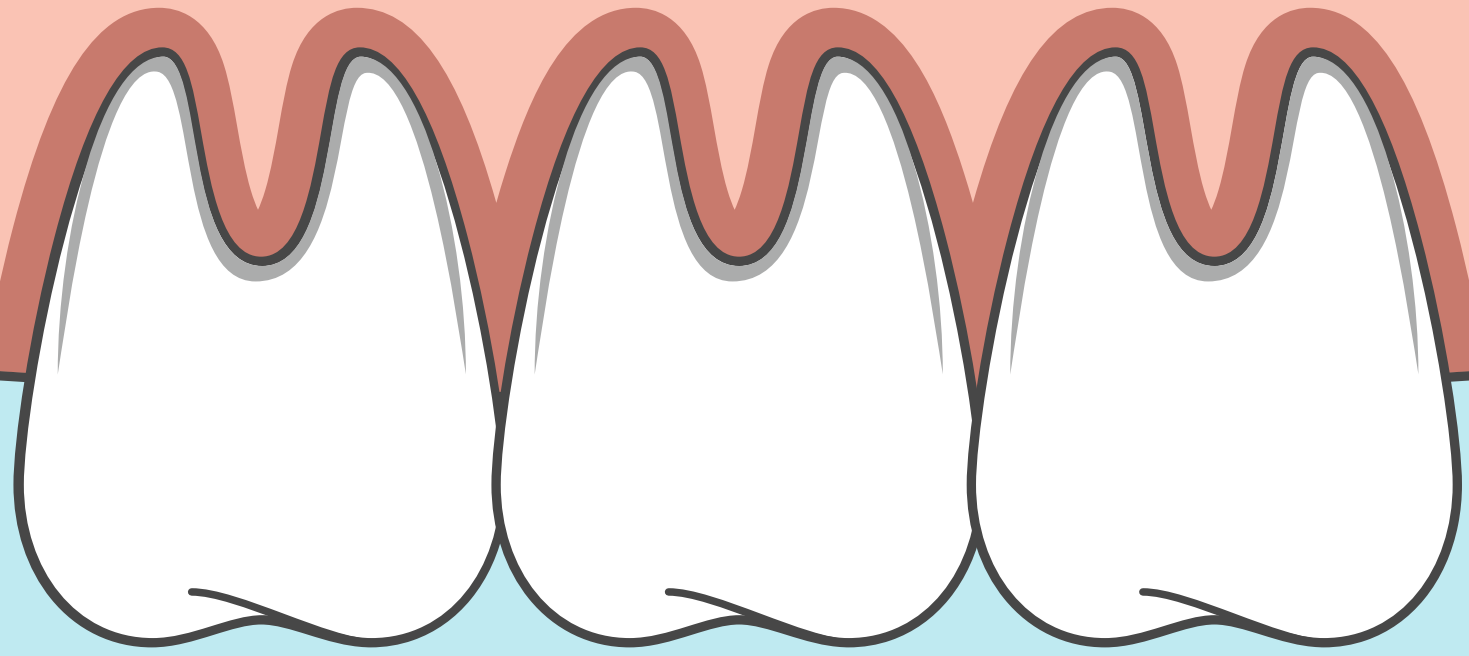


If not treated, cavities can start to make your tooth hurt (ouch!) and may ruin it. Plus, they can create brown and black spots on teeth.

What happens if you get a cavity?

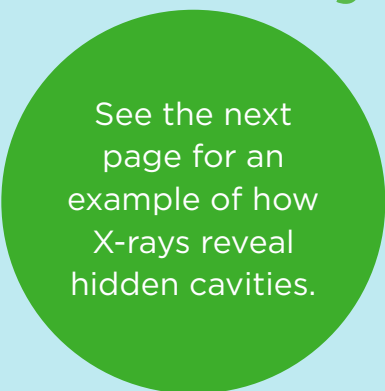


Your dentist checks for cavities every time you visit. If they spot one, they'll clean it out and seal it up so it doesn't come back.



Why X-rays are x-tra handy

Believe it or not, your mouth has areas you can't normally see. Luckily, dentists have X-rays that let them look past the surfaces of your teeth and gums. X-ray images show things like cavities and adult teeth that haven't come in yet. Your dentist might take an X-ray during your next appointment to check if your teeth and gums are healthy.



See the next page for an example of how X-rays reveal hidden cavities.



Getting an X-ray is easy

- 1 Your dentist or hygienist will place a special type of apron on you while you relax in the dentist chair or stand up behind the X-ray machine.
- 2 They may ask you to bite down on a piece of plastic that helps them see certain parts of your mouth.
- 3 After they get the X-ray machine in the right position, they'll ask you to hold still as they step out of the room really quickly to take the image.
- 4 When they come back, the X-ray is done!

Below you can see how a healthy-looking tooth might be hiding a cavity.

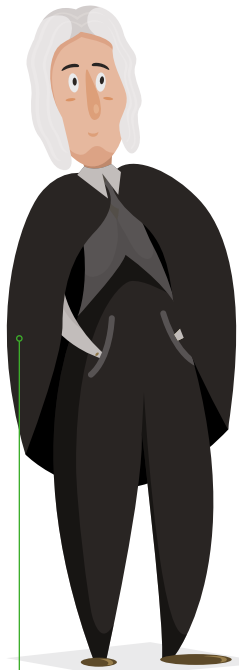


Teeth trailblazers

Dentists today are pros at making smiles healthy, but it took some brave people to pave the way.



Check out some of the men and women who changed dentistry forever.



John Baker

America's first dentist

In 1760, John Baker traveled from England to America to set up shop as a dentist. Before him, there were no trained dentists to handle tooth troubles.



Horace Hayden and Chapin Harris

Founders of the first dental school

Horace and Chapin founded the Baltimore College of Dental Surgery in 1840. This meant that people who wanted to learn about oral health could go to school and become dentists.



Lucy Beaman Hobbs Taylor

First woman to earn a dental degree

Ohio College didn't allow Lucy to attend at first, but she kept applying. She graduated with her dental degree in 1866. This opened the door for female dentists everywhere.



Wilhelm Rontgen

Inventor of the X-ray

Wilhelm was the first person to see through solid objects. His invention happened in 1895 when he accidentally discovered X-rays. His new tool let dentists peek inside patients' mouths.

Dash to the dentist

John has a dental visit coming up. The clock is ticking! Help him find the fastest path to the dentist and avoid cavity-causing distractions along the way.

START

Brush your teeth before your visit so they're squeaky clean for the dentist.

MARKET

Fresh veggies make great on-the-go snacks that can also help clean your teeth.

Because lemonade has lots of sugar, water is better for your teeth.

LEMONADE

ACTIVITY

Brush your teeth after eating sweets to get sugar off.

CANDY SHOPPE

Sweets are tasty, but too many can cause cavities.

Dentists can tell what kinds of food you eat by looking at your teeth.

DENTIST

ACTIVITY

Mom's DINER

Be careful when you go out to eat. Choose healthy meals and skip dessert.

Sandwiches Steaks Coffee Burgers Shakes

FINISH

Meet the people at your **DENTIST'S OFFICE**

It takes a terrific team to run a dentist's office. Meet some of the people who work every day to keep their patients smiling.

Find five dental tools in the picture below.

RECEPTIONIST

Hi, there! Welcome to the dentist's office. I'm here to check you in. If you need any help before your appointment, I'm the person to ask. I greet everyone with a friendly smile and let our team know when patients arrive. I also answer the phone and handle scheduling appointments.

FRANK THE FISH

Don't forget about me!
My job is to help create a fun, relaxing environment for everyone who comes to visit. Bloop!

DENTAL ASSISTANT

There's a whole lot that goes into keeping our patients healthy. It's my job to help the dentist take care of you!

I assist the dentist with procedures, organize and clean dental tools, order tools when we run out and so much more. I can also help answer any questions you have about your mouth.

DENTAL HYGIENIST

I'm usually the first person who gets to see your teeth – even before the dentist. I'm trained to make your mouth clean and spot anything that needs a second look. When you open your mouth and say "ahhhhh," I use my tools to check your gums and remove plaque and tartar from your teeth.

I use X-rays to get a better view of your teeth. Once everything looks good, I tell the dentist you're ready to see them.

DENTIST

I spent a long time learning about healthy mouths (around eight years). I'm here to make sure yours stays in tiptop shape. I look at your teeth to find issues that need to be fixed. If you have a cavity, I can take care of it. I also help prevent mouth problems and can teach you everything you need to know about taking care of your smile.

Packing the perfect lunch

When lunchtime rolls around, there are so many food and drink choices! Circle the ones that make the healthiest lunch for your smile.

ACTIVITY



Fresh, crunchy foods like apples and carrots are called “detergent foods.” That means they help clean your teeth.



Potato chips contain starch that break down into sugar in your mouth.



Drinking water or plain milk is way better for teeth than sugary juice drinks.



Dairy items like milk, cheese and yogurt have calcium that helps strengthen teeth.



Sweet, chewy foods like caramel and gummies can stick to your teeth and cause cavities.



Answers: apple, celery, carrots, yogurt, cheese, milk, water and almonds

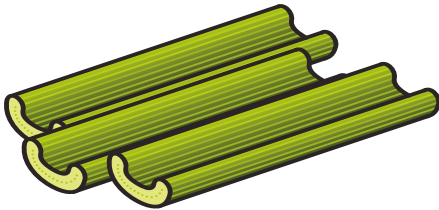


Mouth-friendly recipe:

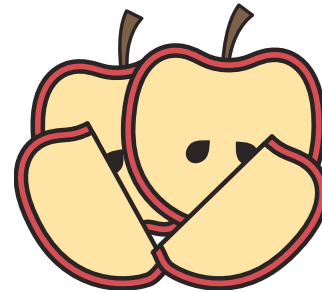
Apple snails

Make apple snails that are cute and tasty! Give this recipe a try during your next snack time. Get an adult to help. *Bonus: The apples and celery help get rid of food and plaque stuck on teeth!*

Here's what you need



1 stalk of celery, cut into thirds

 $\frac{1}{4}$ cup peanut butter

3 apple slices, halved



6 thinly sliced carrot pieces



6 mini dark chocolate chips

Here's how to make them

1

Fill the celery pieces with peanut butter.

2

Spoon the rest of the peanut butter into a plastic bag.

3

Have an adult cut one of the corners of the plastic bag to make a small hole.

4

Squeeze the peanut butter in an arch around one side of each apple piece.

5

Place the apple pieces in the peanut butter to make the snail's shell.

6

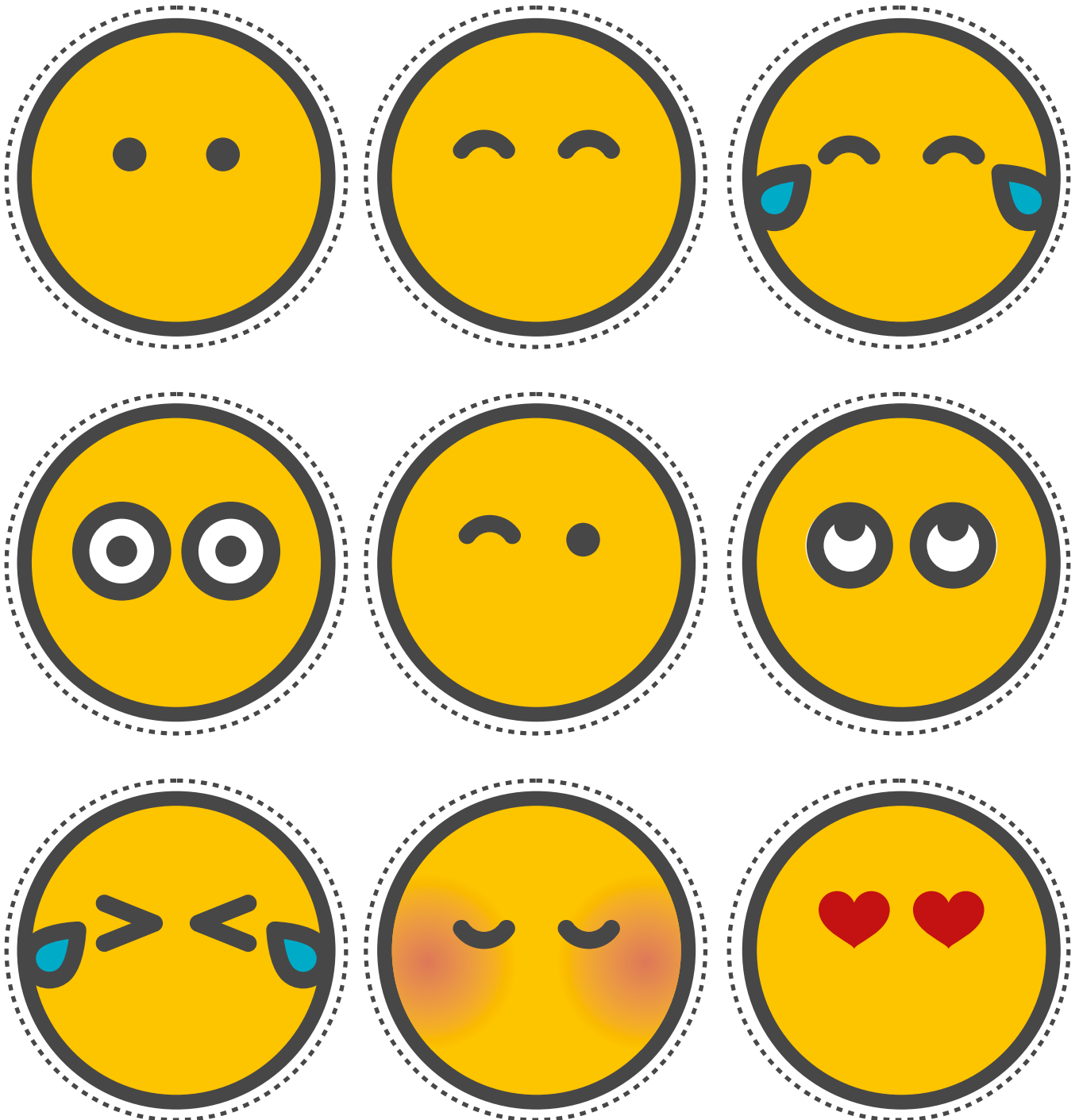
For each piece of celery, stick two carrot pieces into the peanut butter on one end to make the snail's antennae.

7

On the very edge of each piece of celery, stick two mini dark chocolate chips into the peanut butter to make the snail's eyes.

Emoji expressions

Did you know that smiling can actually make you feel happier? Plus, smiling at a friend can improve their day! Give these emojis something to smile about by drawing in their missing expressions. Ask an adult to help cut out your finished emojis so you can share with friends.



Tooth tracker

Each time you lose a tooth, color it in on the Tooth Tracker below. You can also use the Tooth Tracker to record where you lost your tooth and how old you were. Be sure to store it somewhere safe so you don't forget which teeth you've already lost!

Lost tooth details:

Lost tooth details:

Upper

Lower

Lost tooth details:

Lost tooth details:

Teeth do more than just chew food. They also help us talk, laugh, smile and more!

Not every tooth has the same job. Teeth are shaped differently to help in their own special ways.



Celebrate your smile!

Around the world, people are appreciating their magnificent mouths with these toothy holidays. They happen every year, so mark these dates on your calendar to join the fun.

FEBRUARY

National Children's Dental Health Month

Be thankful for your teeth and brush up on your habits. Make sure you're brushing, flossing and eating foods to keep your mouth magnificent.

FEBRUARY 28
& AUGUST 22

National Tooth Fairy Day

The Tooth Fairy is so special she gets two holidays! Prepare for the Tooth Fairy's next visit by making a door hanger that holds your lost teeth.

Flip to page 23 for instructions.

MARCH 6

National Dentist's Day

Show gratitude to your dentist for helping take care of your teeth. Send your dentist a thank you note and check with an adult to see when your next visit is.

JUNE 15

National Smile Power Day

Celebrate the power of a healthy smile by sharing grins and spreading happiness. Surprise friends or family members with a good deed.

OCTOBER 5

World Smile Day

The smiley face icon was created in 1963 and has been inspiring real smiles ever since. Let your smile shine by watching a funny movie or telling your friends a joke (we've got two giggle-worthy ones on page 3).

Connect the dots for a celebration surprise!



ACTIVITY

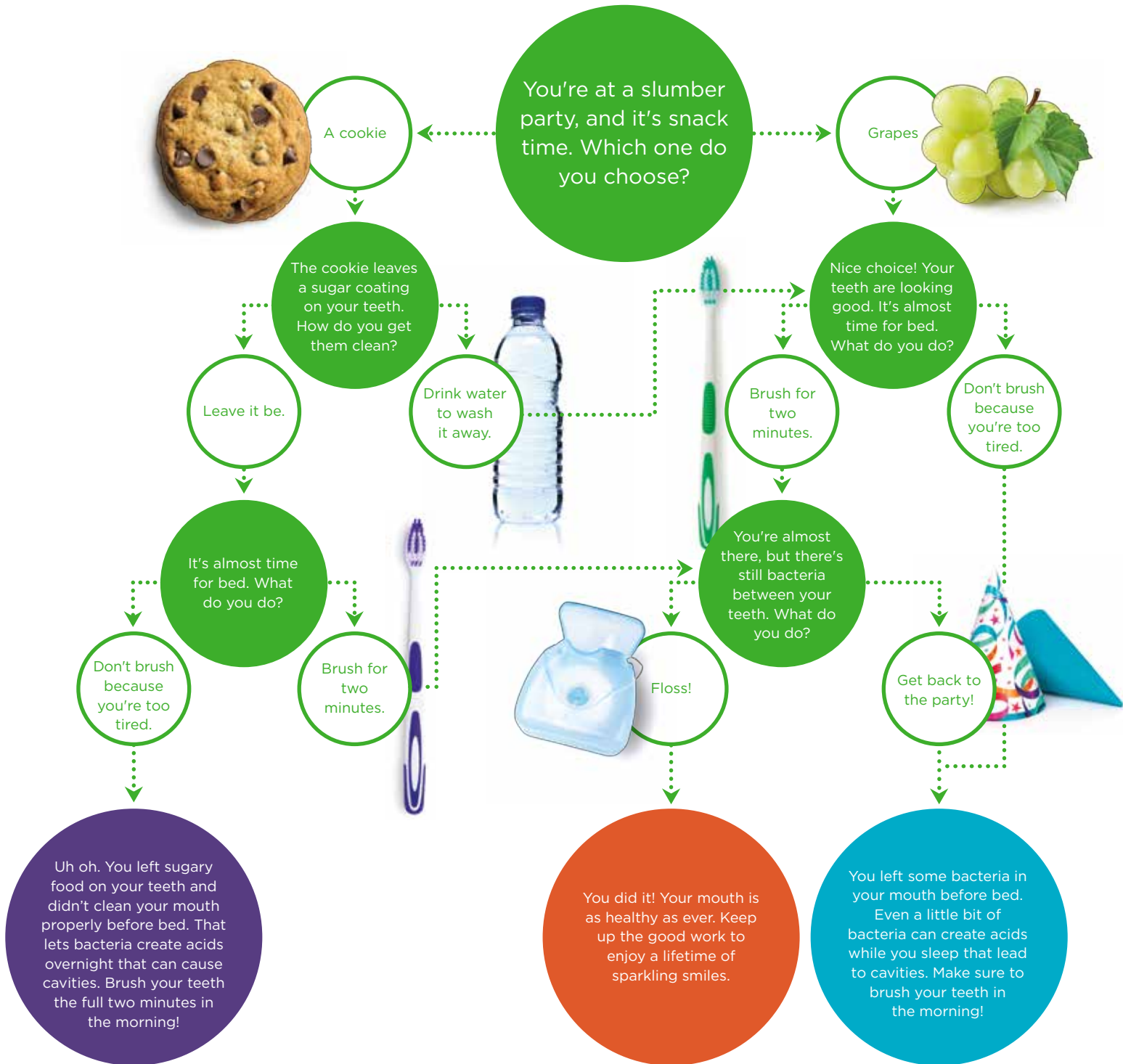
SEPTEMBER 20

Chinese Love Your Teeth Day
In China, this holiday reminds people how important dental care is when it comes to preventing mouth problems.

Decisions, decisions

See if you can deal with a slumber party without hurting your smile. Answer the questions below to find out how healthy your teeth would be the next morning.

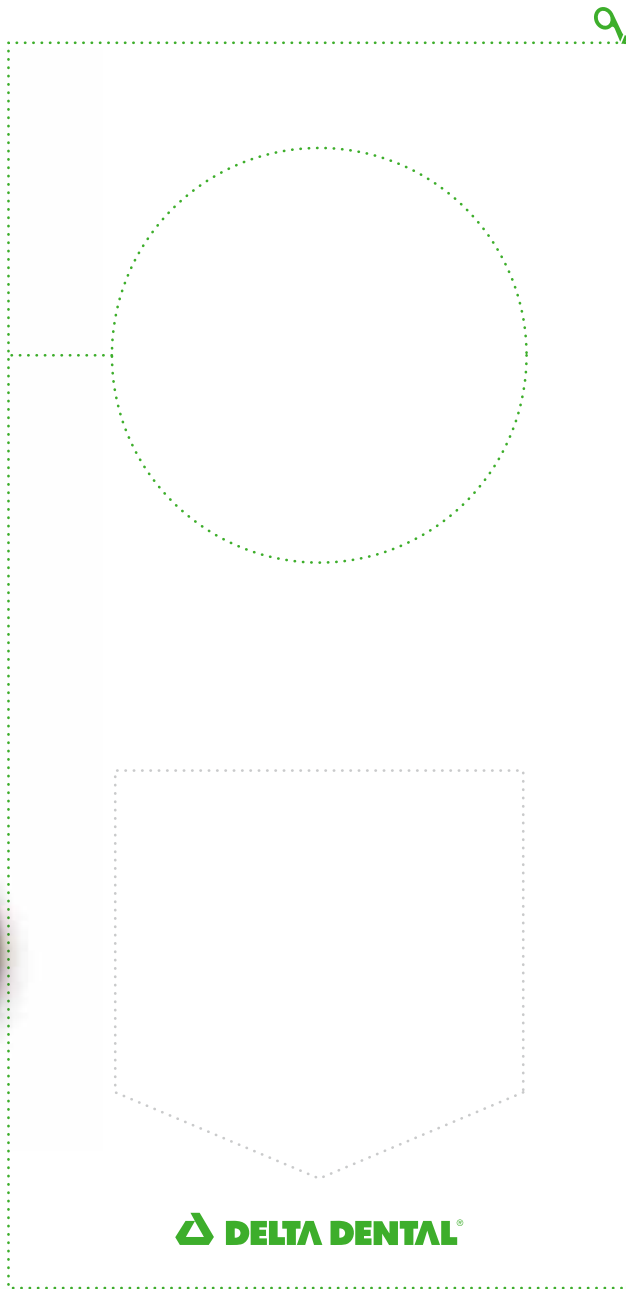
ACTIVITY



Craft corner:

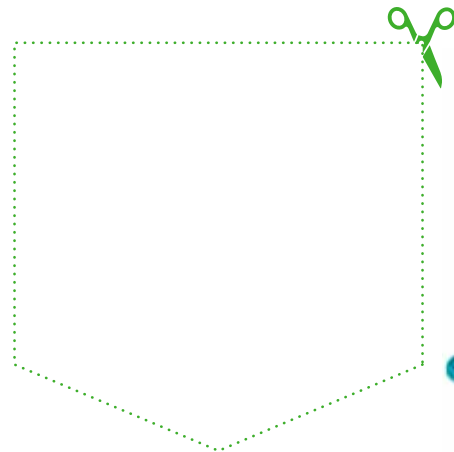
Tooth Fairy door hanger

Make the Tooth Fairy's job a little bit easier with this creative craft.



Piece A

 **DELTA DENTAL®**



Piece B

- 1 Ask an adult to help you cut out Piece A and Piece B. Piece A will be the back of the hanger. Piece B will make the pocket that holds your tooth.
- 2 Ask an adult to staple or tape the sides and bottom of Piece B to Piece A along the dotted lines to form a pocket. *Tip: Make sure the dotted lines on Piece A and Piece B are facing each other when you attach them.*
- 3 Let your creativity run wild by decorating with colors, sparkles, textures and whatever else you like.
- 4 Once you're done, hang your creation on your door for the Tooth Fairy's next visit.



