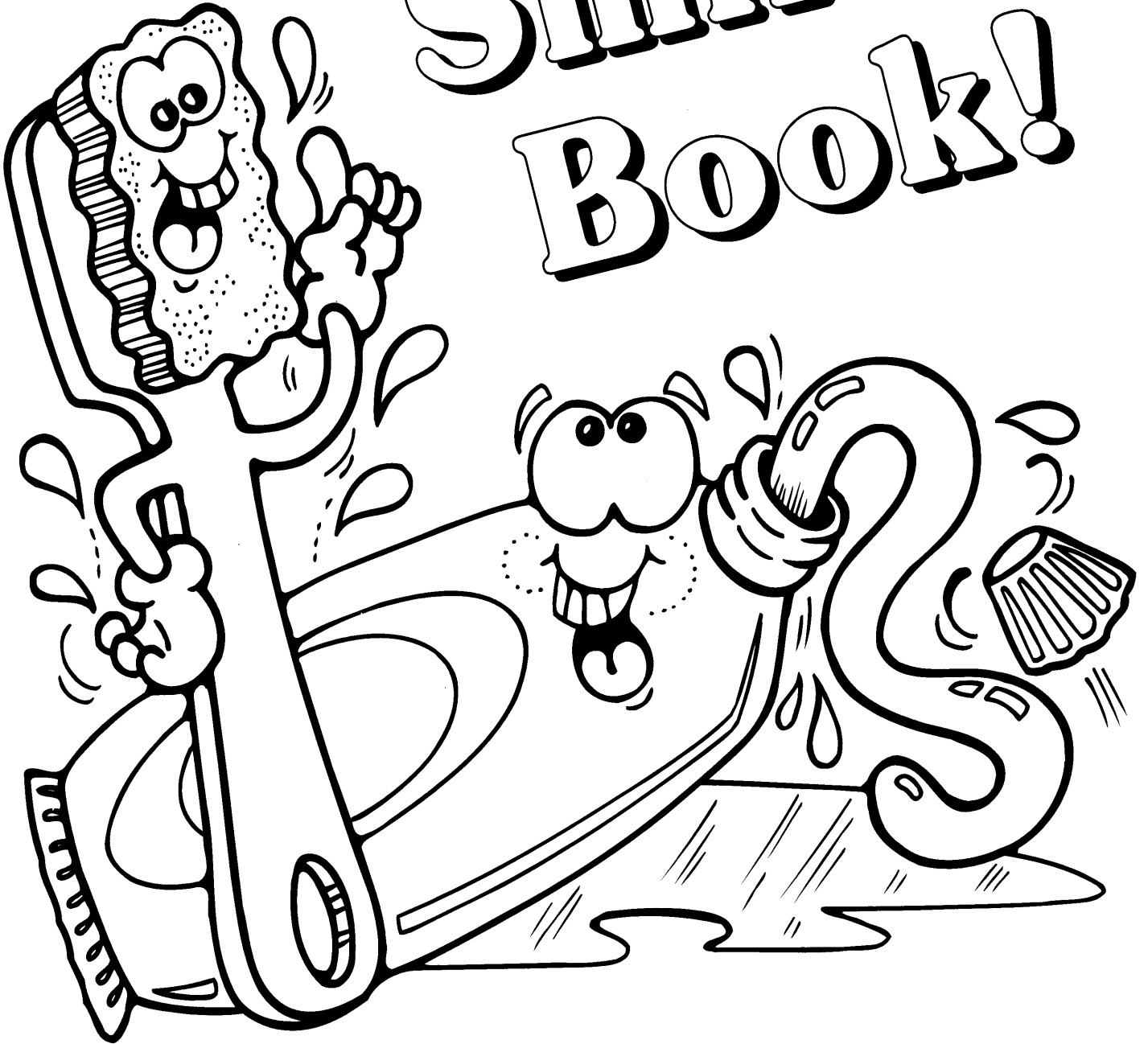


My Smile Book!

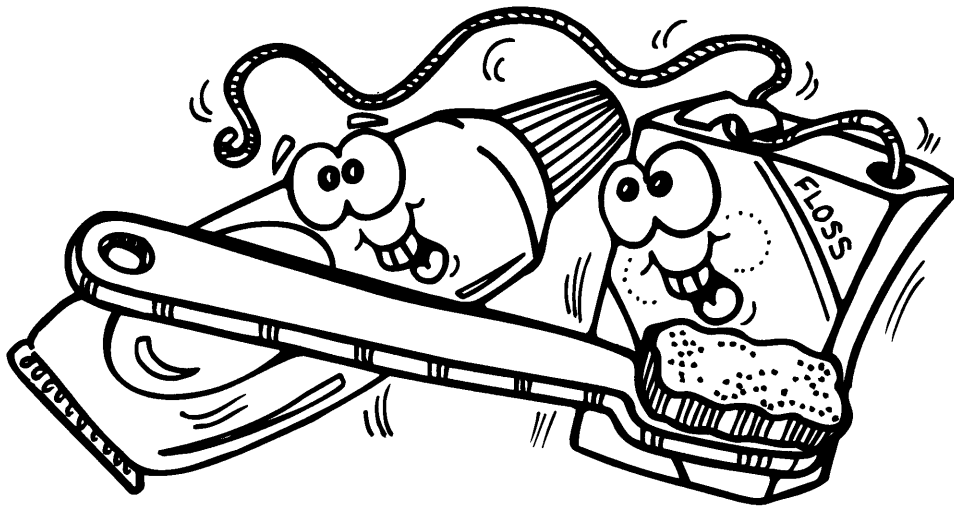


Name _____

My Brushing Supplies

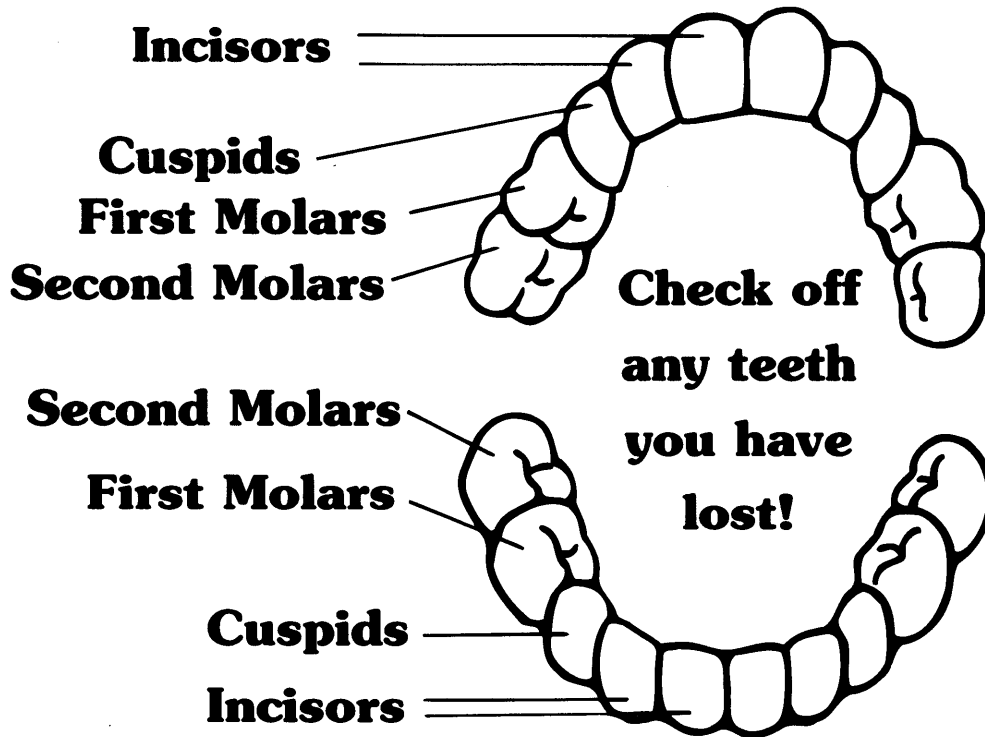
The first thing I need to do is check my supplies!

- Toothbrush is in good shape and ready to use!**
- Toothbrush is worn out!
(Ask your parent to buy you a new one.)**
- I have fluoride toothpaste!**
- I need to ask a parent to buy me some fluoride toothpaste!**
- I have dental floss!**
- I need to get some dental floss!**



How Many Teeth?

Most small children have 20 teeth. When these teeth are lost, they are replaced with 32 permanent teeth.



I have this many teeth:

I have lost this many teeth:

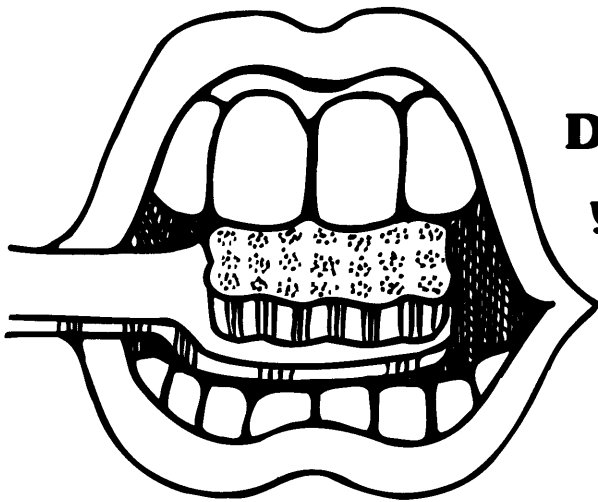
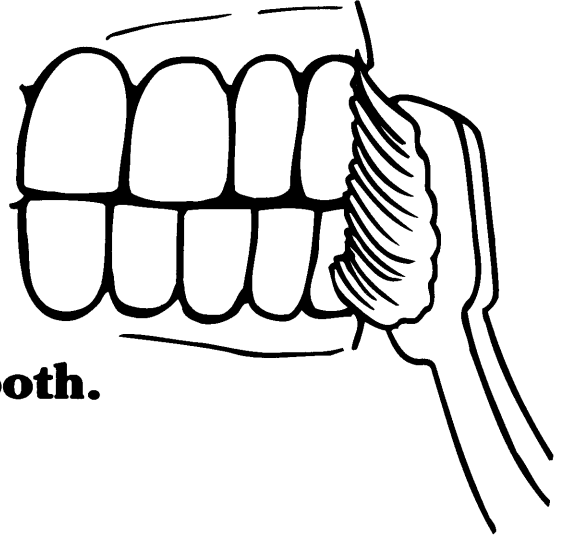
It's important to have regular dental visits!

My last dental visit was _____
Date

My next dental visit will be _____
Date

Learn to Brush Correctly!

Brush your teeth at a 45° angle with the bristles of the toothbrush toward the gums. Gently massage the gums and roll the brush toward the edge of each tooth.



Don't forget to brush the back of your teeth. Use the same stroke, making sure the bristles go between each tooth.

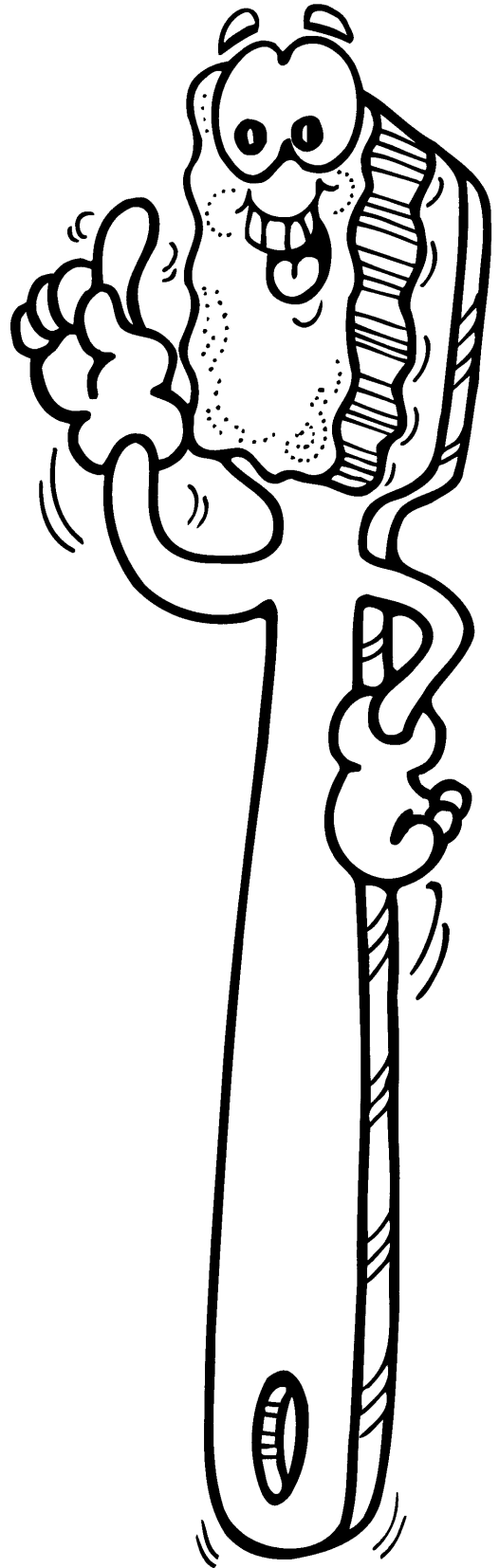
It's probably best to use fluoride toothpaste to help prevent tooth decay.

Here are some other things I can do to prevent tooth decay.

1. _____
2. _____
3. _____
4. _____

My Brushing Record

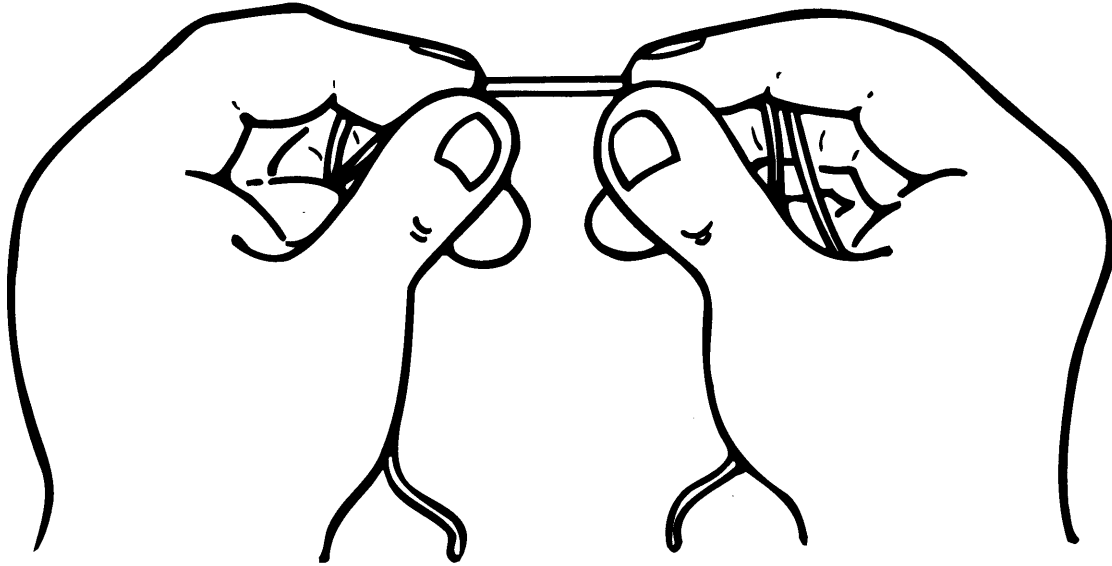
**I will brush at these
times each day:**



Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss
Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss
Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss
Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss
Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss	Brush	Floss

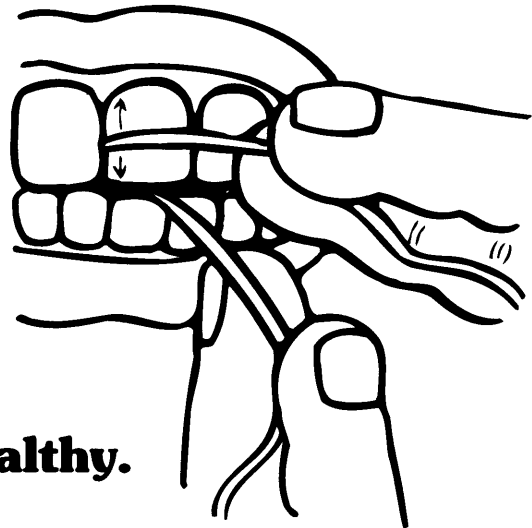
**Color in each area of the chart
when you brush and/or floss
your teeth.**

Learn to Floss



Tear off a piece of dental floss about 16 inches long. Hold the floss between your thumbs and forefingers as shown.

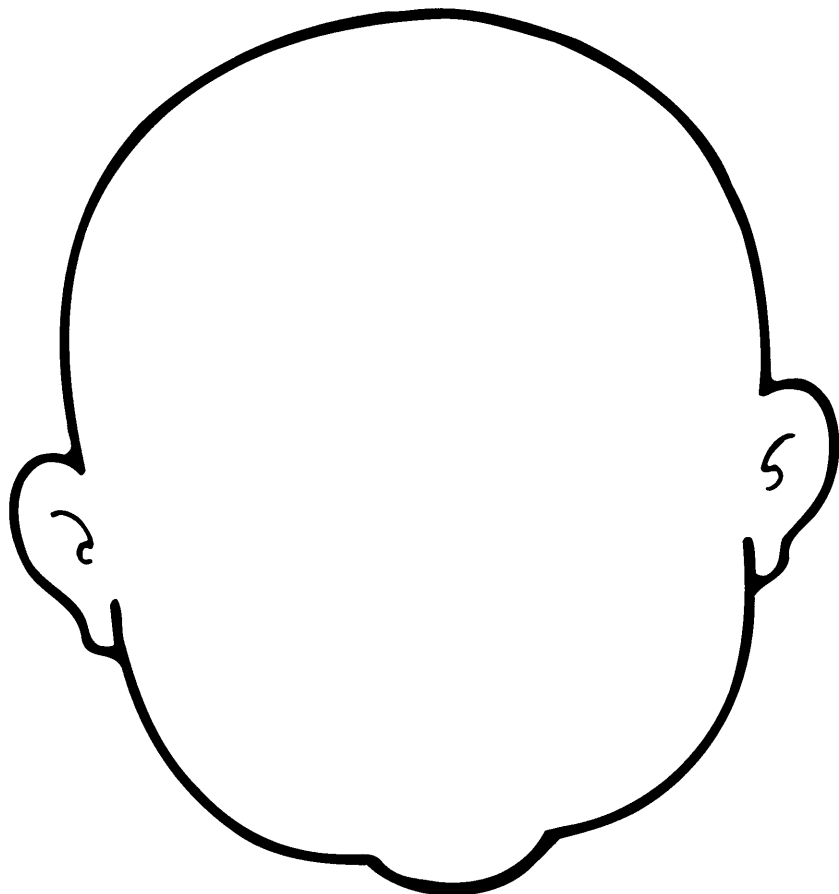
Work the floss between the teeth and gently move it up and down. Be careful not to miss any teeth!



Check the statements below that help to keep your teeth healthy.

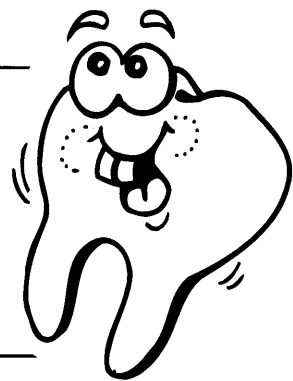
- | | |
|---|---|
| <input type="checkbox"/> Visit the dentist | <input type="checkbox"/> Drink milk |
| <input type="checkbox"/> Eat too much candy | <input type="checkbox"/> Drink soda pop |
| <input type="checkbox"/> Eat fruits & vegetables | <input type="checkbox"/> Brush after meals |
| <input type="checkbox"/> Forget to brush | <input type="checkbox"/> Drink plenty of water |
| <input type="checkbox"/> Floss regularly | <input type="checkbox"/> Never see a dentist |

My Smile!



**Here's a picture of
myself and my smile!**

**This is what I've
learned about caring
for my teeth!**



I completed my booklet on _____.