

# Dental Explorers

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Taking care of your mouth helps you eat, talk, and smile – and also helps to keep your whole body healthy!

Hidden in this dental office are important items needed for healthy smiles and bodies.



Can you find all the items? Learn why they are important!



### Floss String & Flossers:

Help to clean in between  
your teeth!



### Fluoride Toothpaste:

A pea-size drop is just right.  
Fluoride helps keep teeth strong!



**Water:** Drinking water with

fluoride is a better choice than sugary drinks. Remember, fluoride protects our teeth – It's in our toothpaste, too!



### Soft Toothbrush:

Soft bristles are gentle and best for keeping your teeth clean!



**Mouth Mirror:**

A tool that helps the dental team check all of your teeth!



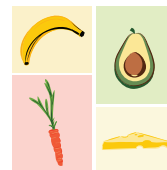
### Morning & Night:

Brush twice a day, for two minutes each time!



### Teeth & Tongue:

Keep them germ-free and  
clean for fresh breath!



### Healthy Snacks:

Choose snacks like fruits and veggies instead of chips and candy that can stick to your teeth!



# Smile Bright: Brush Right!

Brushing your teeth 2 times a day for 2 minutes helps to remove food and germs that can cause cavities, sore gums, and bad breath.

Follow the steps to keep your mouth and teeth clean and healthy!

**Read each step and match it to the correct picture** *(one is already done as an example)*

Put a pea-size drop of fluoride toothpaste on your soft toothbrush.

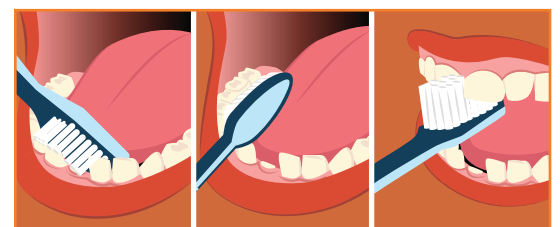
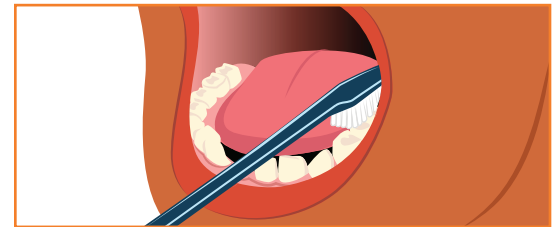
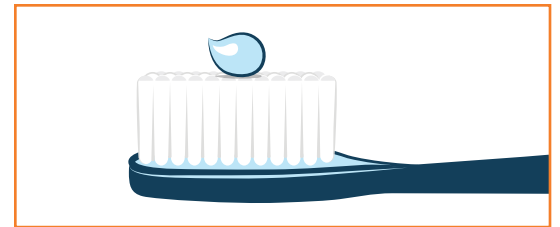
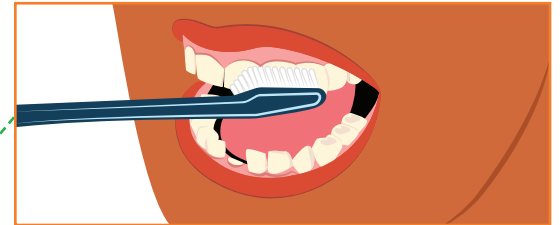
Set a timer or play a song to brush for 2 minutes.

Tilt your brush toward your gums.  
Gently brush the outsides of your teeth, moving up and down, and side to side.

Brush the insides and behind your teeth.  
Use the tip of the brush to reach behind your front teeth.

Brush the chewing parts of your back teeth.

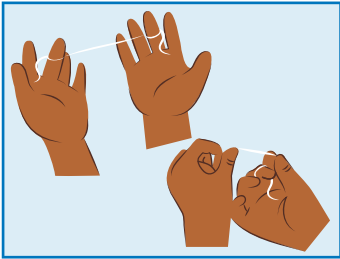
Do not forget to brush your tongue to keep your breath fresh.



# Floss Like A Boss!

Flossing helps remove hidden food and germs from between your teeth, where your toothbrush cannot reach.

**Follow the steps below. Ask an adult to help, if needed:**



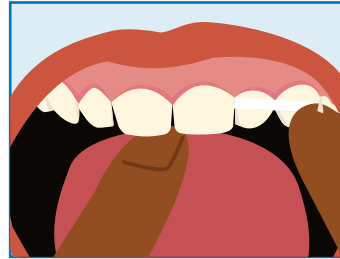
Cut a piece of floss as long as your arm.

Wrap the ends around your middle fingers.

Hold it tight with your thumbs and pointer fingers.

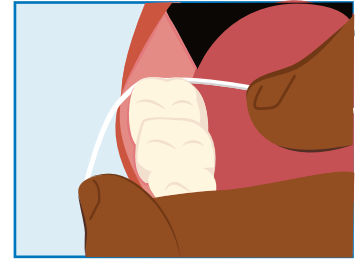


Gently glide the floss back and forth between your teeth.



Curve the floss around each tooth when you get close to your gums, so you do not hurt them.

(See the **green box below** to practice the correct curving motion.)



Slide the floss up and down each side of every tooth, even the teeth in the back.

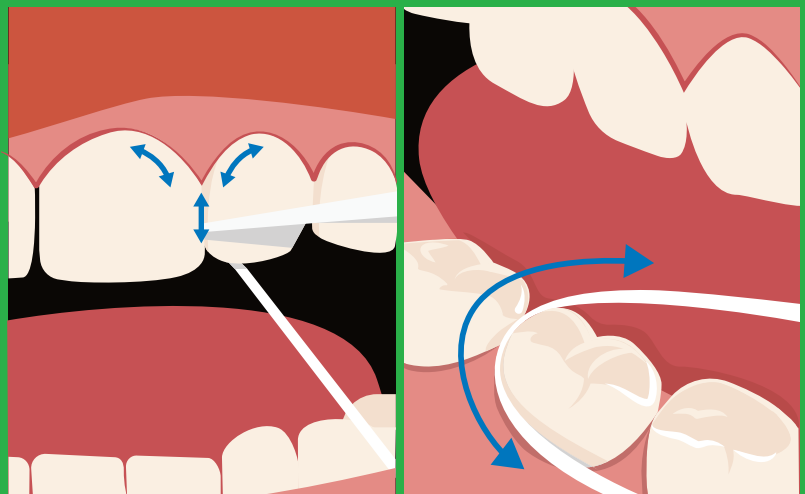
**Trace the arrows for the correct way to guide the floss gently around each tooth.**

**Front teeth:**

Curve like the letter Y.

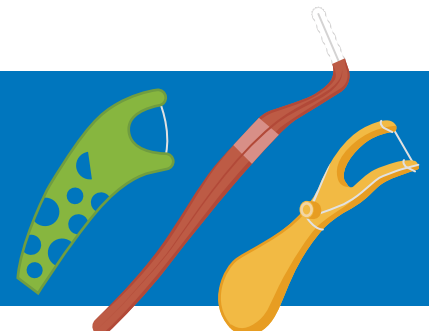
**Back teeth:**

Curve like the letter C.



Flossers, floss holders, and small brushes can also help with cleaning between your teeth.

Your dental team can help find the best option for you.



# I am a Dental Health Hero!

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The Dental Team is a group of Dental Health Heroes who work together to help take care of your mouth and body. **You can be a dental health hero, too!**



**Imagine you are a hero on the dental team. Which one are you?**

## **Dentist:**

- Checks the health of your mouth
- Fixes damaged teeth
- Keeps teeth strong!

## **Dental Hygienist:**

- Cleans and polishes your teeth
- Checks your gums
- Teaches you how to care for your smile!

## **Dental Assistant:**

- Takes x-rays
- Gets dental tools ready
- Helps you stay comfortable during your dental visit!

**Not all heroes wear capes – some wear special gear to keep you clean and safe from germs during your dental visit! What will you wear? Check off the items as you draw yourself as a dental health hero.**

- |   |  |
|---|--|
| <input type="checkbox"/> Gloves         | <input type="checkbox"/> Scrubs  |
| <input type="checkbox"/> Mask           | <input type="checkbox"/> Lab coat  |
| <input type="checkbox"/> Safety glasses | <input type="checkbox"/> Loupes (tiny magnifying glasses to help look at teeth up close) |

**Remember: Keeping your mouth healthy helps keep your whole body healthy.**

So, visiting the dental team twice a year is important for your overall health!



# Adults Can Be Dental Health Heroes, Too!

Adults, you plan an important role in helping kids develop long-lasting oral health habits.



## Keep these tips in mind so your kids can learn by example:



### Brush and floss together –

Model good habits and offer help, especially for kids under 8 years old. Use a pea-size drop of fluoride toothpaste for ages 4+ and a grain of rice-size smear for ages 3 and under.



### Baby teeth are important –

They help kids talk, chew, and hold space for adult teeth. Untreated cavities in baby teeth can affect new teeth coming in.



### Brush twice daily –

Morning and night, most importantly at bedtime, to remove food and germs. Use a soft toothbrush, replacing it every 3-4 months, when frayed, and after sickness, to keep it fresh and germ-free.



### Schedule routine dental checkups twice a year –

Regular dental visits help to prevent problems, catch any issues early on, and create a positive dental experience.



### Encourage healthy snack choices and limit overall snacking –

Frequent eating, especially sugary foods and drinks, feeds cavity-causing bacteria in the mouth.



### The mouth is connected to the body –

Remind children that keeping their teeth healthy helps keep their whole body healthy.



### Only drink water after bedtime brushing –

Sugary drinks like juice and milk can sit on teeth overnight and increase chances of cavities.



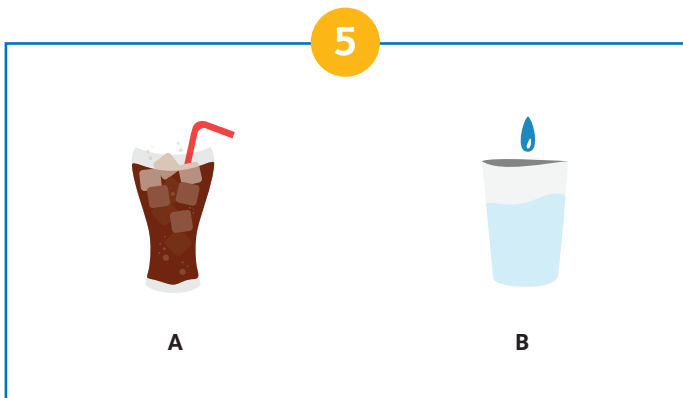
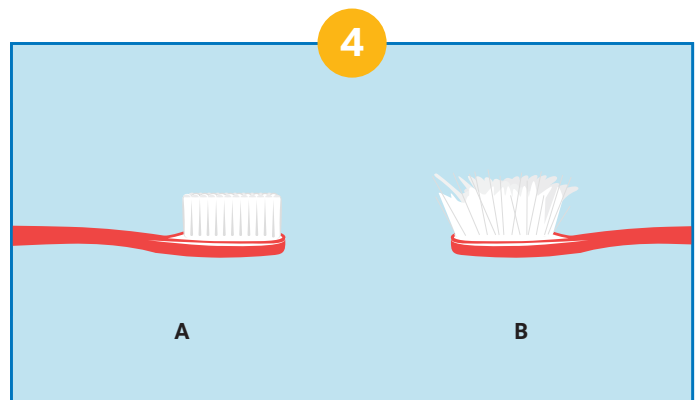
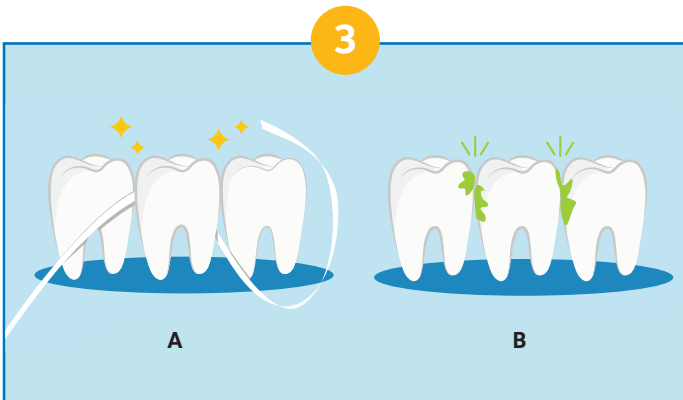
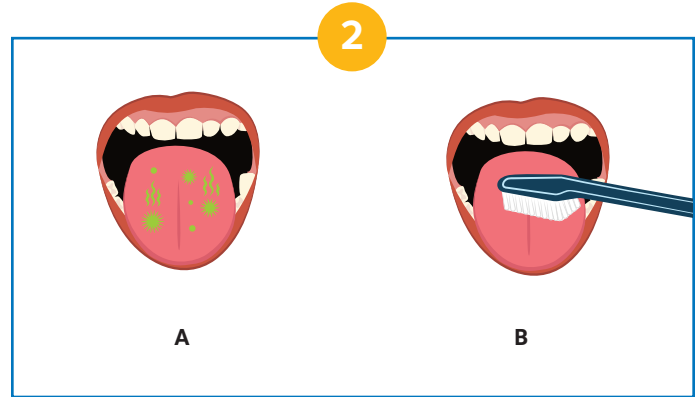
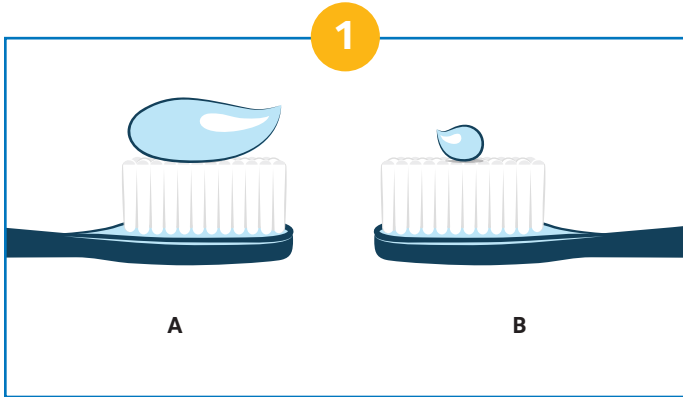
### Smiles are important –

Remember that healthy teeth lead to confidence and overall well-being.

# Smile Check: Which is Best?

Can you find the differences in each set of pictures?

Circle the best choice for keeping your mouth and body healthy.



Flip the page upside down to check your answers and see why they are the best choices!

**1. Best Choice: B** | Brush at least 2 times a day, for 2 minutes, using a pea-size drop of fluoride toothpaste for ages 4 and up (or a smear the size of a grain of rice for ages under 4).  
**2. Best Choice: B** | Don't forget to brush your tongue to remove germs and have fresh breath.  
**3. Best Choice: A** | Clean between your teeth to remove food and germs. Adults can help with this.  
**4. Best Choice: A** | Use a soft toothbrush with straight bristles and replace it every 3-4 months – especially after being sick – to keep it fresh and clean.  
**5. Best Choice: B** | Drinking water with fluoride is the best choice. Remember, fluoride helps keep growing teeth strong.