

grin!

for **KIDS**



grin!

for KIDS

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your buddy,
your dentist



Dear parents and teachers,

Thank you for picking up *Grin! for Kids*, a publication from Delta Dental. We hope you'll use this special issue to start (or continue) discussions about oral health with children at home or in the classroom. From a fun, healthy recipe to craft projects you can do together, there are plenty of kid-friendly activities within these pages that will help you have conversations with kids about the value of a healthy smile.

Happy reading!

four-word answers

**Q: How much saliva
does one person
produce in a lifetime?**

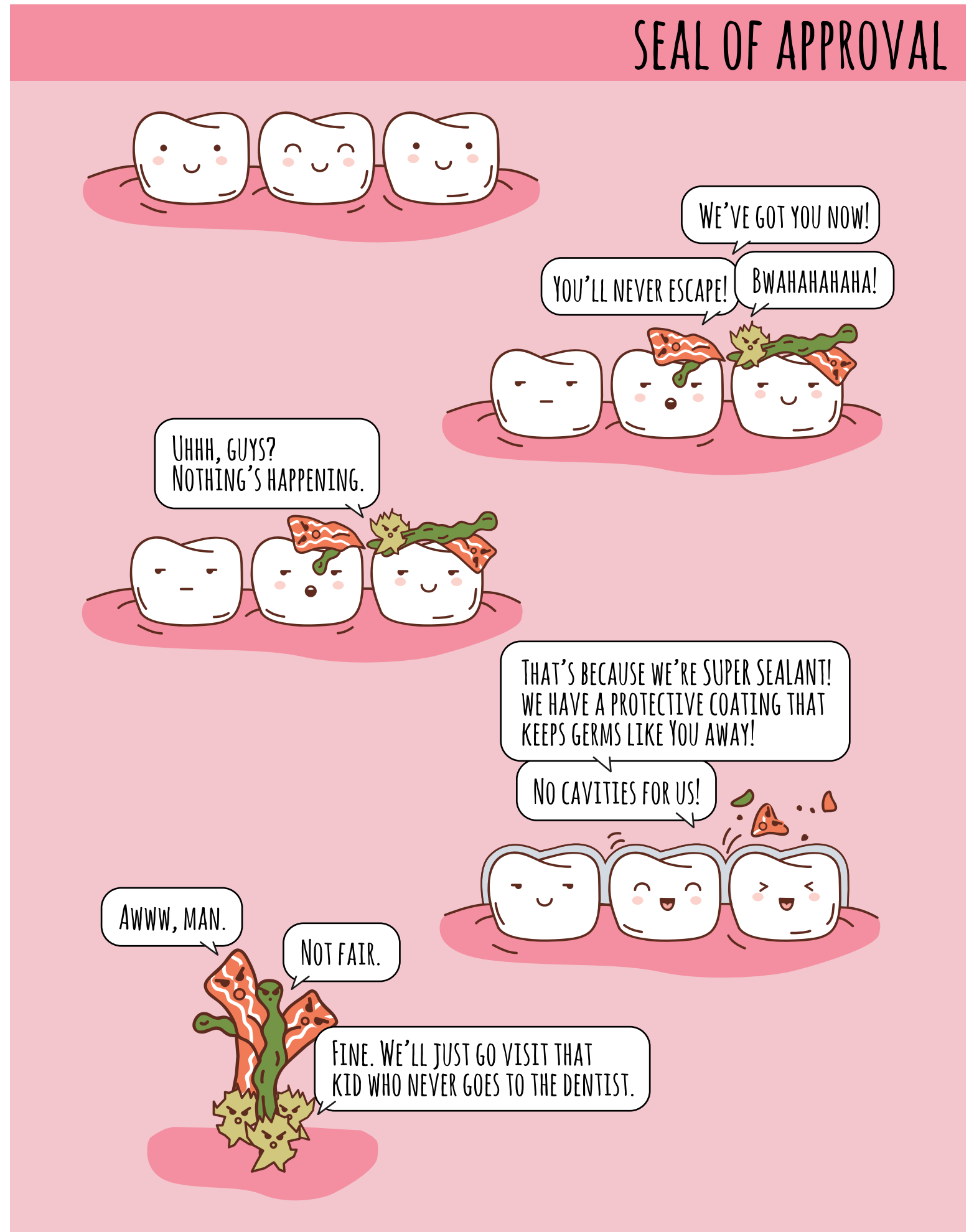
A: Two swimming pools' worth!



SHARE THE SPOILS



SEAL OF APPROVAL



mouth-friendly recipe:

APPLE MONSTER MOUTHS

Snack time doesn't have to be unhealthy – or boring! Try this recipe to create a nutritious masterpiece you can munch on.

INGREDIENTS:



Almond slices



1 apple, cut into quarters, lengthwise



Peanut butter



Dark chocolate chips

DIRECTIONS:

1



Get help from an adult to carve a long “v” shape out of each apple slice to create your monster’s mouth.

2



Poke almond slices into the hollow mouth area to form teeth.

3



Use small dabs of peanut butter to stick two dark chocolate chips onto two almond slices. Then use more peanut butter to place the “eyes” on the skin of the apple above the mouth.

That's it.
**EAT US IF
YOU DARE!**



it's gross! it's cool! it's your mouth!!!

*Have you ever stopped to think about just how cool your mouth is?
It's always fighting off gross germs and bacteria! Here are a few more
ways your mouth is gross, but cool!*



This is gross: You've always heard that sharing is nice, but that's not true when it comes to food, forks, spoons, and anything else that goes in your mouth. That's because cavity-causing germs can be passed from mouth to mouth.



But this is cool: You can still share snacks, like trading apple slices for other healthy munchies such as carrot sticks or string cheese. Just don't share bites!



This is gross: Some bacteria create acids that will destroy tooth enamel, the hard outer coating on teeth. (Sounds like something a comic book bad guy would do!)



But this is cool: You can be the superhero who defeats bacteria! Keep acids away by brushing twice a day, flossing once a day, eating healthy foods, and visiting your dentist.



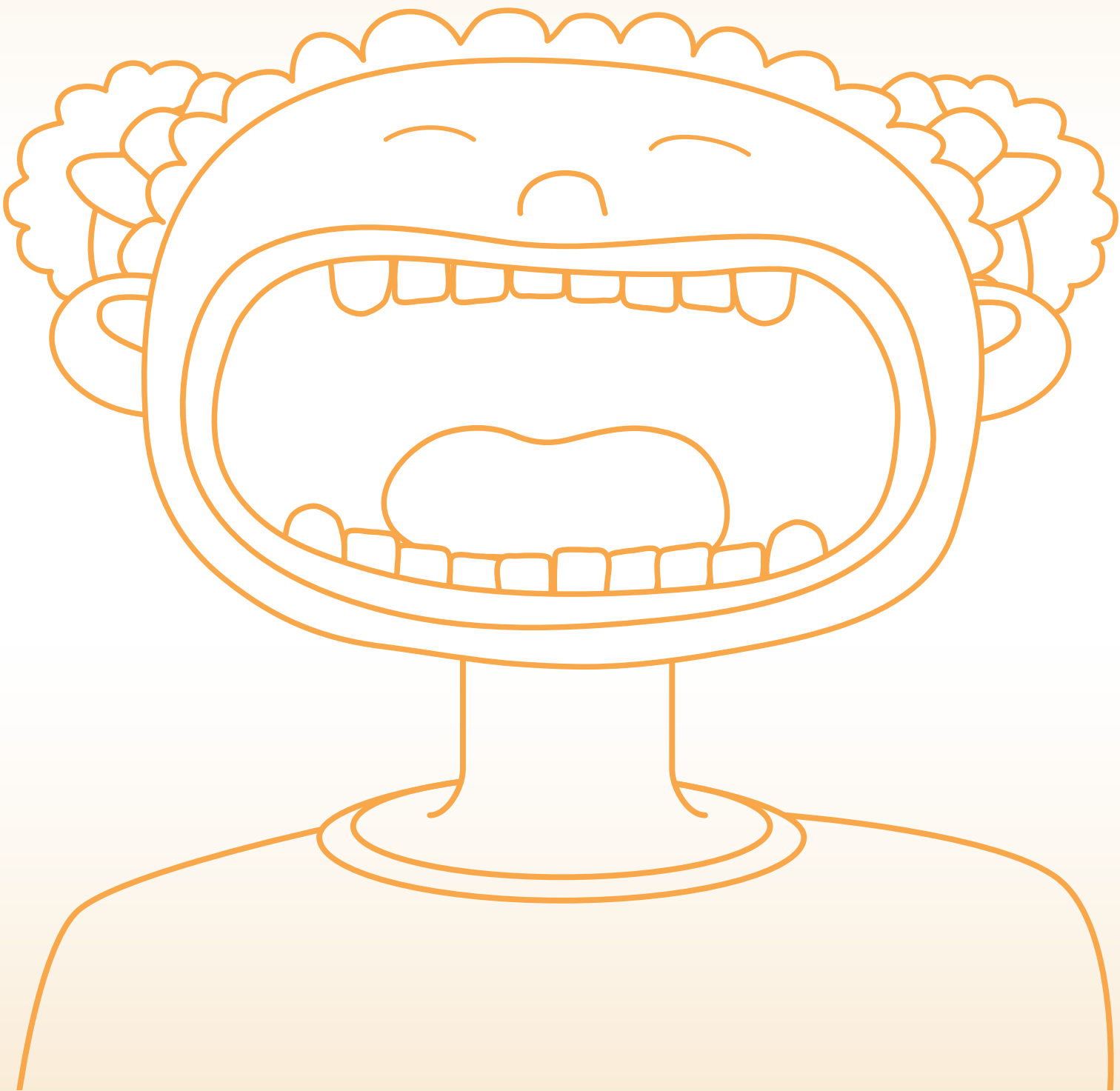
This is gross: Bad breath can happen when you don't brush your teeth well. Eating foods such as garlic and onions can also make your mouth stinky.



But this is cool: Stop bad breath in its tracks by doing a good job brushing with fluoride toothpaste. You should even brush your tongue! Flossing will also help get rid of food pieces stuck between your teeth.

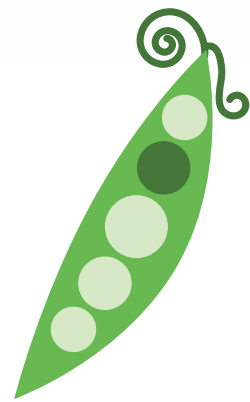
get gross!

Bacteria, germs, decay, and cavities are all things that can make your mouth unhealthy – and super gross! What does a gross mouth look like to you? Do your best to make this mouth yucky. (And keep doing your best to keep your real mouth healthy!)

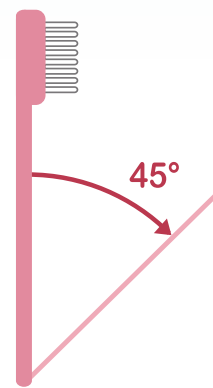


how to be a **BIG LEAGUE BRUSHER**

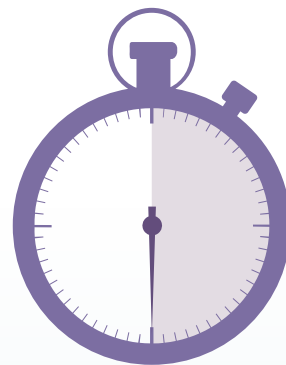
If you spend two minutes brushing your teeth two times a day, that adds up to more than 24 hours – one whole day – every year. That's a lot of time at the bathroom sink! Make sure you're using your time wisely by following these easy brushing tips to keep your teeth sparkling.



You only need a **PEA-SIZE AMOUNT** of toothpaste on your toothbrush.

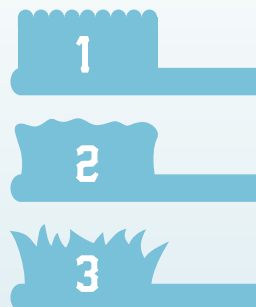


Brush at a **45-DEGREE angle.**



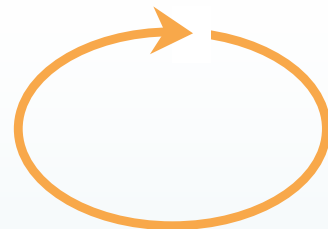
Try brushing in **FOUR SECTIONS.**

For the first 30 seconds, brush the outside of your bottom teeth. For the next 30 seconds, brush the inner side and top of your bottom teeth. Then spend 30 seconds brushing the outside of your top teeth, and complete your two minutes with the inside and bottom of your top teeth.



You need a **NEW TOOTHBRUSH** every three months – or sooner if the bristles are mashed and worn out.

BRUSH GENTLY and use an **oval-shaped motion**



Don't forget **TO BRUSH** your tongue!



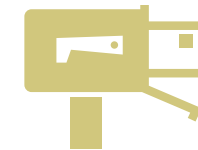
don't rush the **BRUSH**

Even though dentists say it takes two minutes of brushing with fluoride toothpaste to do a good job cleaning teeth, most people miss the mark.

Make sure you brush your teeth for two to three minutes by watching the clock. Some toothbrushes even come with timers. There are also apps for some smartphones that have timers. Ask a grown-up to help you download one. **Delta Dental's free app plays music while the toothbrush timer counts down!**

What else can you do in **TWO MINUTES?**

Check the mail



Perform **50**

jumping jacks.



Let your dog outside.



Sit through a commercial break on TV.

Play rock, paper, scissors.



TOOTH TUNES

Sometimes it helps to sing a song while you're brushing. Try using this one every time you switch to a new section of your mouth – or make up your own toothy tune!



Twinkle, twinkle, little teeth
Brush above and underneath
Brush in back and brush in front
Don't forget to scrub your tongue
Twinkle, twinkle, little teeth
Brush above and underneath





your buddy, your dentist

Even though you probably only visit your dentist once or twice a year, he or she is one of the most important people you see. That's because the dentist helps keep your teeth clean and healthy.

what happens when you visit the dentist?

A few things will happen during your regular checkup and cleaning.

1 The dentist or hygienist, the dentist's assistant, will **use a little metal tool to get the tartar and plaque off your teeth.** Plaque is a buildup of bacteria that stick to teeth. If it's not removed often by brushing and flossing, plaque can harden into tartar. Everyone has some plaque. Don't feel bad if there's a little bit of scraping needed.

2 A **squirt of water may be used to rinse** away the stuff scraped off your teeth.



3 Your **teeth will be polished** with toothpaste that feels kind of sandy. This helps make the outside of your teeth super smooth, which makes it harder for plaque to stick to.

4 After this, **you'll have a quick flossing**, and then the dentist will check your clean teeth for any signs of decay or other problems.

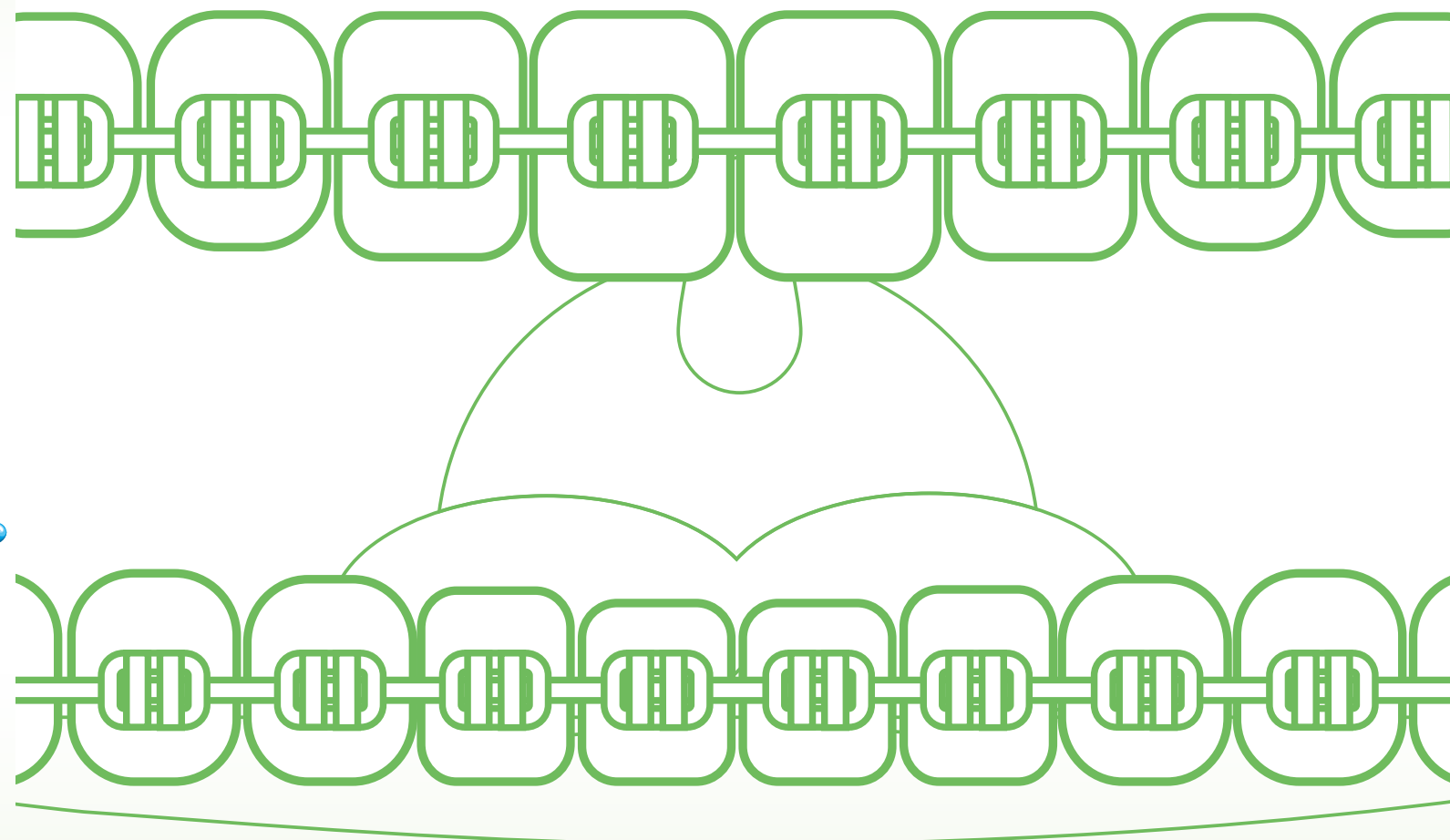
5 **Treasure chest time!** Many dentists will let you pick a prize when you're all done. Have fun!



seal the deal!

When you're a little older and your permanent teeth come in, the dentist may suggest sealants to help prevent cavities. Sealants are a thin, plastic covering that go over your teeth – usually just the back ones – to keep bacteria and germs from settling in and causing decay.

Color the BRACES YOUR FAVORITE COLORS.



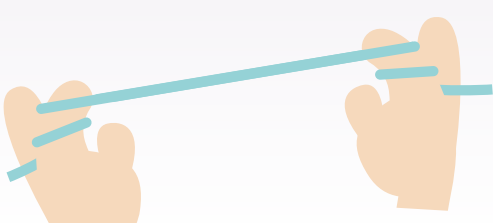
brace yourself!

If you're 7 years old or older, you may have already visited an orthodontist. After you lose your baby teeth and your permanent teeth start to come in, an orthodontist will look at them to make sure everything is coming in the way it should. It's the orthodontist's job to make sure that you'll have a straight, healthy smile for the rest of your life.

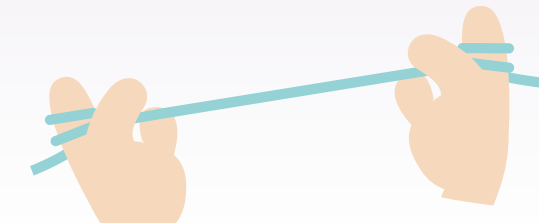
If your permanent teeth do need a little nudge, braces might do the trick. Braces are usually left on for about two years, and you'll still be able to play sports and instruments, eat most foods, and do pretty much everything you did before you got braces!

fantastic *flossing*

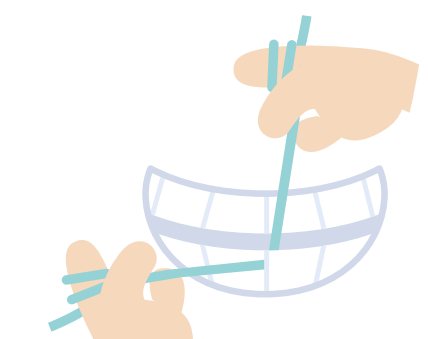
If you're flossing every day, you're doing great. Only half of Americans floss daily, and some never floss at all! Make sure you're part of the healthy half. Just follow these easy steps:



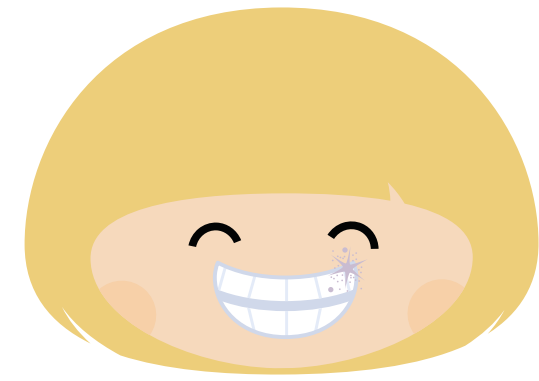
1 Use about 18 inches of floss. Wrap most of it around your index or middle finger and the rest around your other index or middle finger. As you floss, switch the used part to the opposite finger.



2 Hold the floss tightly between your thumbs and first fingers.



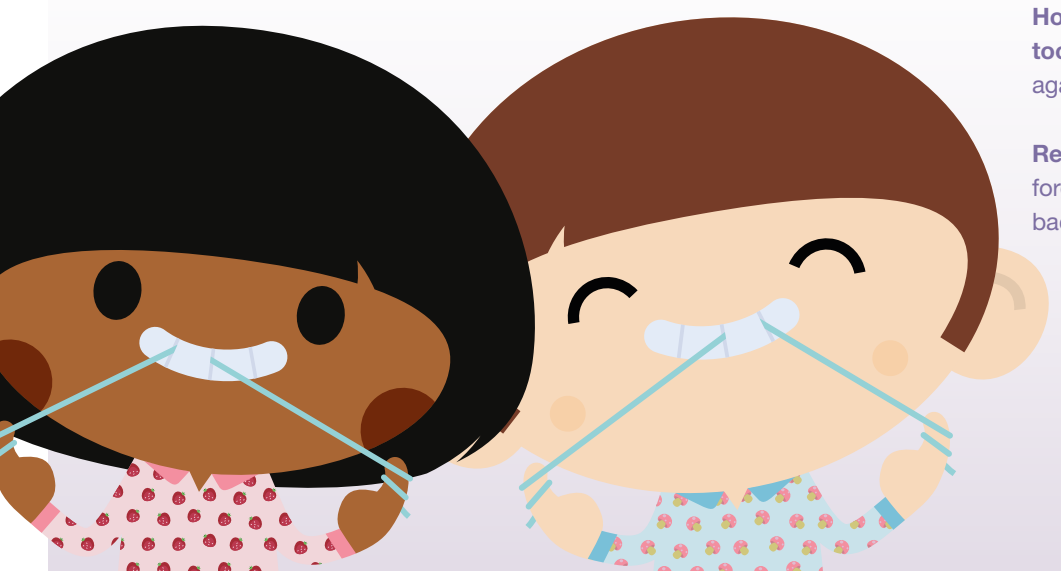
3 Gently guide the floss between your teeth. Rub it between your teeth. Don't snap it – that can hurt your gums!



4 When you get to the gum, curve the floss into a "C" shape against one tooth. Slide it gently into the space between the gum and the tooth.

Hold the floss tightly against the tooth. Gently rub it up and down against the side of the tooth.

Repeat for each tooth – and don't forget to give the backside of your back teeth some flossing love, too!



the secret life of *dental floss*

Floss is best used to get plaque and food out from between your teeth. But did you know it has a ton of other uses? Here are a few to try. Make sure you ask a grown-up if it's OK to use the floss before you start!



create string art.
Have a grown-up help you hammer some nails into a piece of wood, and then wind dental floss around the nails to make lines from nail to nail. You can spell out letters, make a pattern, or just create a random design!



make a tiny bow and arrow.
Soak a wooden craft stick in water for at least an hour to make it soft and bendable. Tie dental floss around one end of the stick, wrap it a few times, and then gently bend the stick into a curve. Tie the loose end of the dental floss around the other end of the stick to create a bow and tie the floss in a knot. You can use Q-tips for arrows!



replace a broken shoelace.
If the shoelace breaks on your favorite pair of shoes, but you don't want to wait until you get new laces to wear them again, dental floss will do.



slice pieces of cake.
Here's a fun one to try the next time you have a birthday party. Instead of using a knife to cut pieces of cake, use a long piece of unflavored (unless you really like mint!) dental floss to make perfect slices.



make a hair tie.
If you have long hair and happen to break or lose your ponytail holder, floss can fill in. It's strong enough to hold your hair back until you find a replacement!



ANIMAL INSTINCTS

When it comes to teeth, we're not as different from animals as you might think. Our teeth aren't as sharp or scary as shark chompers, but they are shaped to cut and tear food in the same way. Check out these animal teeth to see how we're the same – and how we're totally different!



great white sharks

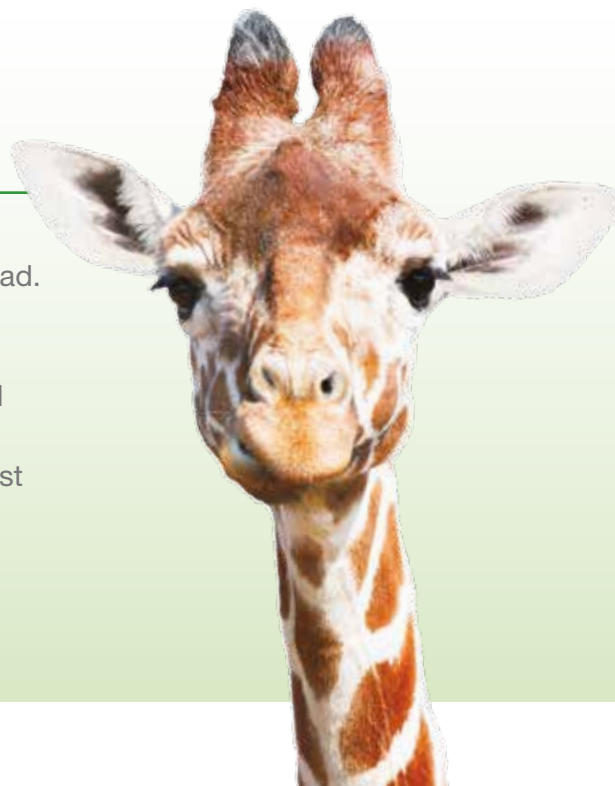
How we're the same: Those sharp teeth may not seem much like ours at first, but they're shaped like triangles to make it easier to cut food – just like the pointed teeth we have called canine teeth.

How we're different: Great white sharks have rows and rows of teeth that fall out much more often than ours do. A single shark can grow up to 20,000 teeth in its first 25 years of life! We only grow 20 baby teeth and up to 32 permanent teeth. **(Psst – check out page 18 for a tooth tracker to help you keep tabs on your teeth!)**

giraffes

How we're the same: Giraffes eat a lot of leaves. That's why they have wide, flat teeth meant for grinding up a gigantic salad. They also have 32 teeth, similar to us!

How we're different: Instead of having top front teeth (called "incisors") like we do, giraffes have a "horny pad" that helps them mash plants and grass and grind their food down against their bottom teeth.



tyrannosaurus rex

How we're the same: Tyrannosaurus rex used its fangs the same way we do – to cut food and shred meat. Instead of eating hamburgers and chicken, though, T. rex preferred to munch on other dinosaurs!

How we're different: T. rex had about 60 teeth that were up to 9 inches long. Check that out on a ruler – those are some big teeth!



narwhals

How we're the same: The narwhal is a type of whale. It has teeth that are made from the same general parts as ours – hard enamel, sensitive stuff called dentin, and blood and nerves called pulp.

How we're different: Instead of growing inside of its mouth, the narwhal's tooth sticks up like a unicorn horn. Although narwhals' teeth are made up from the same stuff as ours, they're still very different. All of the hard material is on the inside of the narwhal's tooth while all of the sensitive tissue called dentin is on the outside.



TOOTH TRACKER

Keep track of the teeth you've lost by coloring them in when you lose them and writing down how much money the Tooth Fairy left for each tooth! Just cut out the Tooth Tracker, mark the teeth you've already lost (if you've lost any), then save it somewhere safe so you can update it the next time the Tooth Fairy pays you a visit.

Did you know?

Kids have 20 teeth when they get their first full set of pearly whites. When baby teeth fall out and the full set of permanent teeth grows in (around age 12 or 13), there are 28 teeth! If you count wisdom teeth, an extra set of molars that some people get later in life, you can have up to 32 teeth.



tooth fairy earnings

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

healthy foods, healthy Smile!

Eating fruits, veggies, dairy and whole grains will keep you healthy by providing vitamins and nutrients that help your teeth stay strong. You should still brush your teeth twice daily – even if you eat only healthy foods! **Circle the mouth-friendly foods in the picture below.**



Answers: Apple, broccoli, cherries, milk and orange.



BY the numbers

Want a healthy mouth? It's all about the numbers! You should:

BRUSH **2 times**

a DAY FOR

2 minutes.



fLOSS at LEAST

1 time a DAY.



use **18 inches**

of fLOSS each time.



VISIT YOUR DENTIST EVERY

6 months

FOR CHECKUPS!

Numbers are also great for coloring. Use the guide below to color these healthy kids keeping their teeth clean.

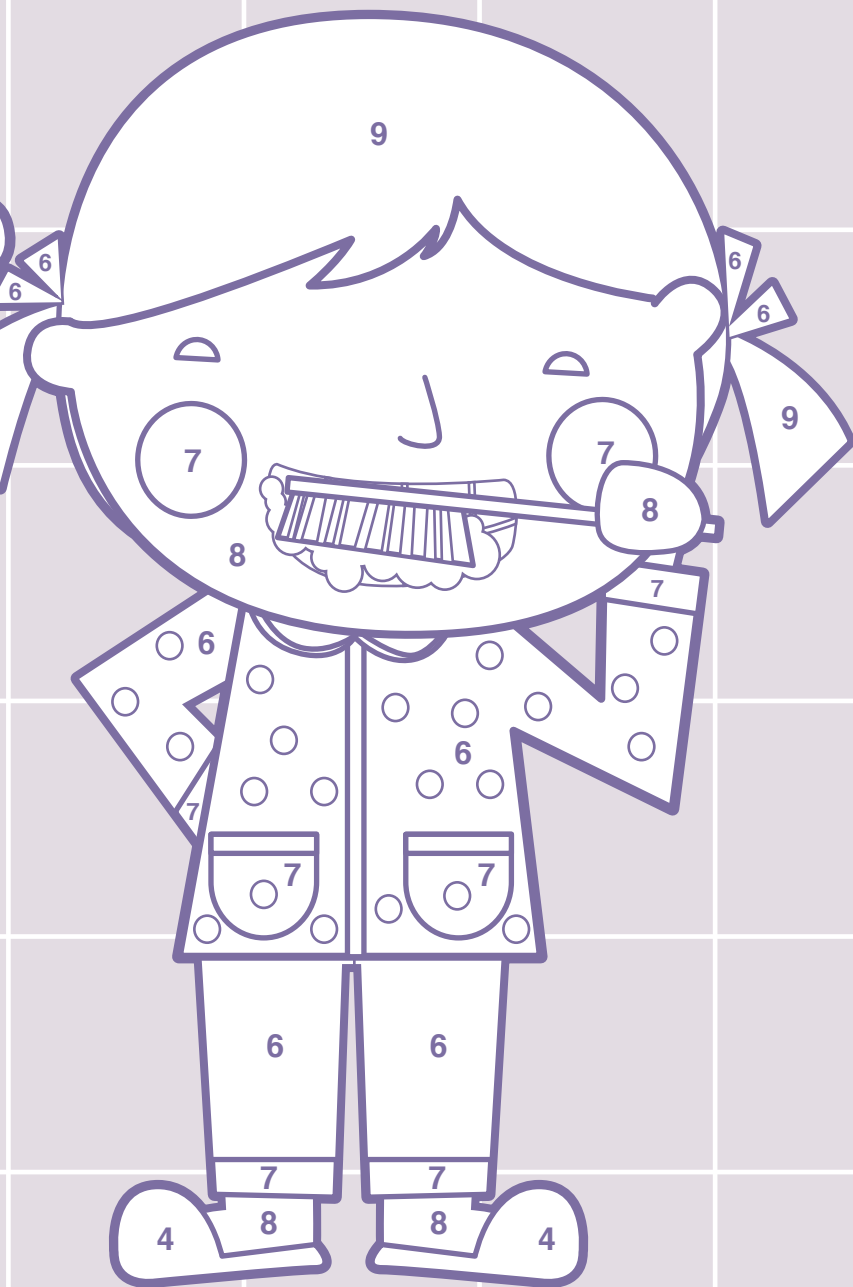
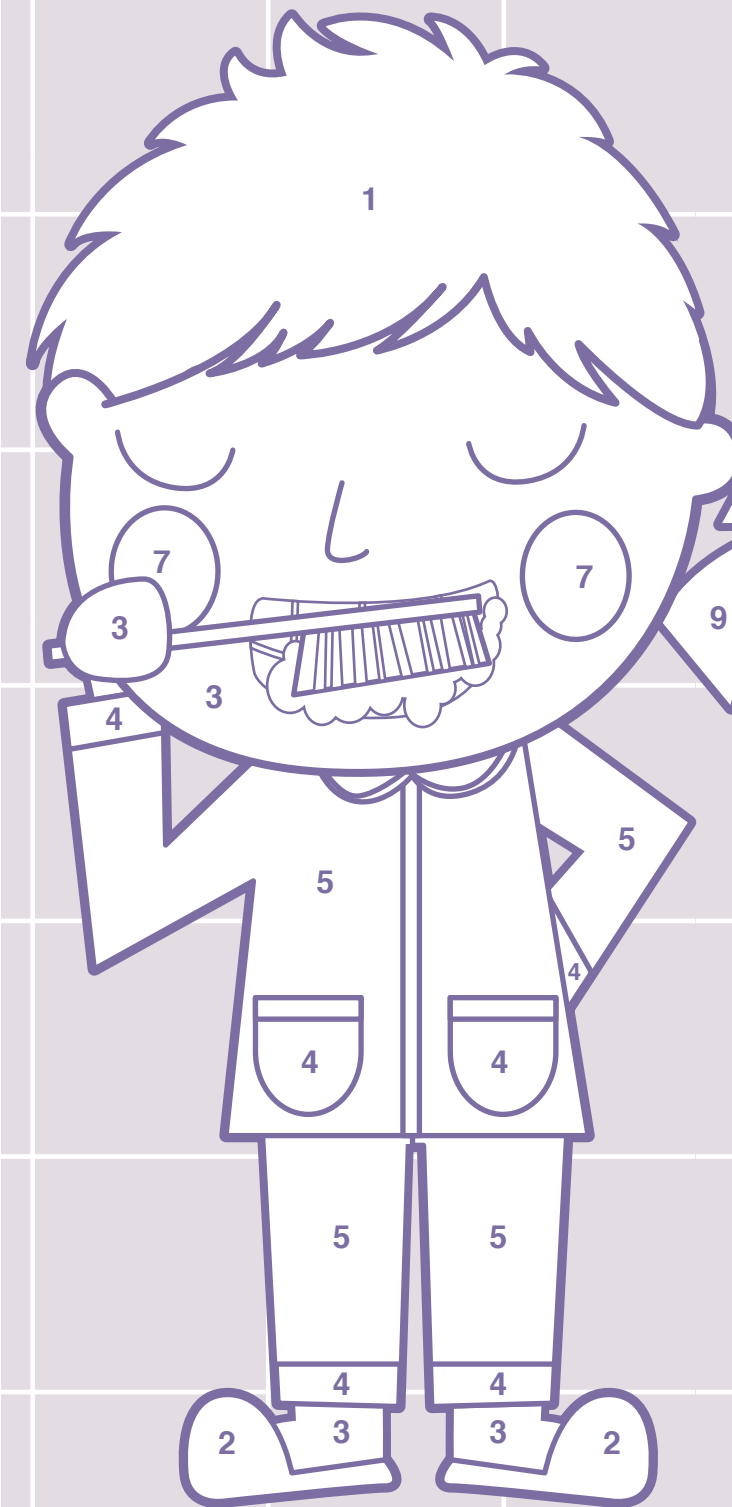
1 = red
2 = orange

3 = you pick!
4 = green

5 = blue
6 = purple

7 = pink
8 = you pick!

9 = black

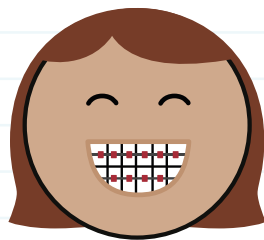




test your smile smarts

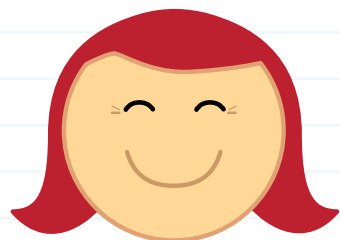
Think you know how to keep your mouth healthy? Test your knowledge with this quiz. All of the answers can be found somewhere in this magazine. (If you want to go back and double-check your answers, that's OK!)

1 At what age should you start flossing daily?



When you're a teenager

(A)



When you're a grown-up

(B)



As soon as you have two teeth that touch

(C)



You don't have to floss

(D)

2 How many times a day should you brush your teeth?



times

(A)



times

(B)



times

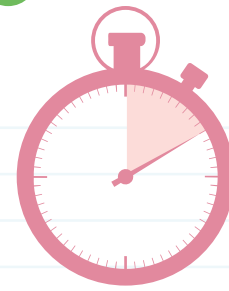
(C)



time

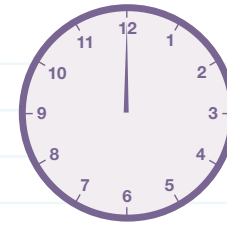
(D)

3 How long should you brush your teeth each time?



10 seconds

(A)



As long as possible

(B)



An hour

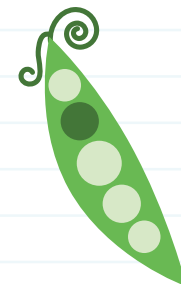
(C)



2-3 minutes

(D)

4 You only need a dab of toothpaste the size of a _____.



Pea

(A)



Nickel

(B)



Cherry

(C)



Baseball

(D)

5 What snack is the best choice for teeth?



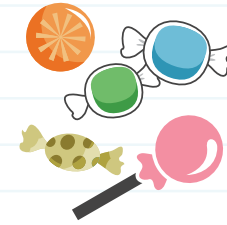
Potato chips

(A)



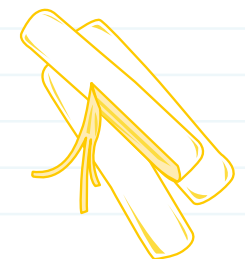
Chocolate chip cookies

(B)



Candy

(C)



String cheese

(D)

Answer key: 1c 2c 3d 4a 5d



ALL MIXED UP

Keeping your teeth healthy takes more than just brushing them twice a day – although that's a good start! Unscramble these 10 oral health-related words. Feel free to ask a grown-up for help.

1. **REFODLIU** _____

Hint: This helps fight cavities, so make sure it's in your toothpaste and mouth rinse or ask your dentist for more information.

2. **CMUCLAI** _____

Hint: String cheese and other dairy products are good sources of this nutrient, which helps build strong teeth.

3. **TNHSRTIDTOOO** _____

Hint: This dentist helps keep your teeth straight.

4. **HMOWHTUSA** _____

Hint: Swishing this helps fight bad breath.

5. **LFSOS** _____

Hint: This should be used from the time you have two teeth that touch.

6. **TNISDTE** _____

Hint: Visit this person every six months.

7. **SVGLETBAAE** _____

Hint: These foods are good for your oral health.

8. **TWREA** _____

Hint: Drinking this helps wash food debris away from your teeth.

Answer key: 1. Fluoride 2. Calcium 3. Orthodontist 4. Mouthwash 5. Floss 6. Dentist 7. Vegetables 8. Water

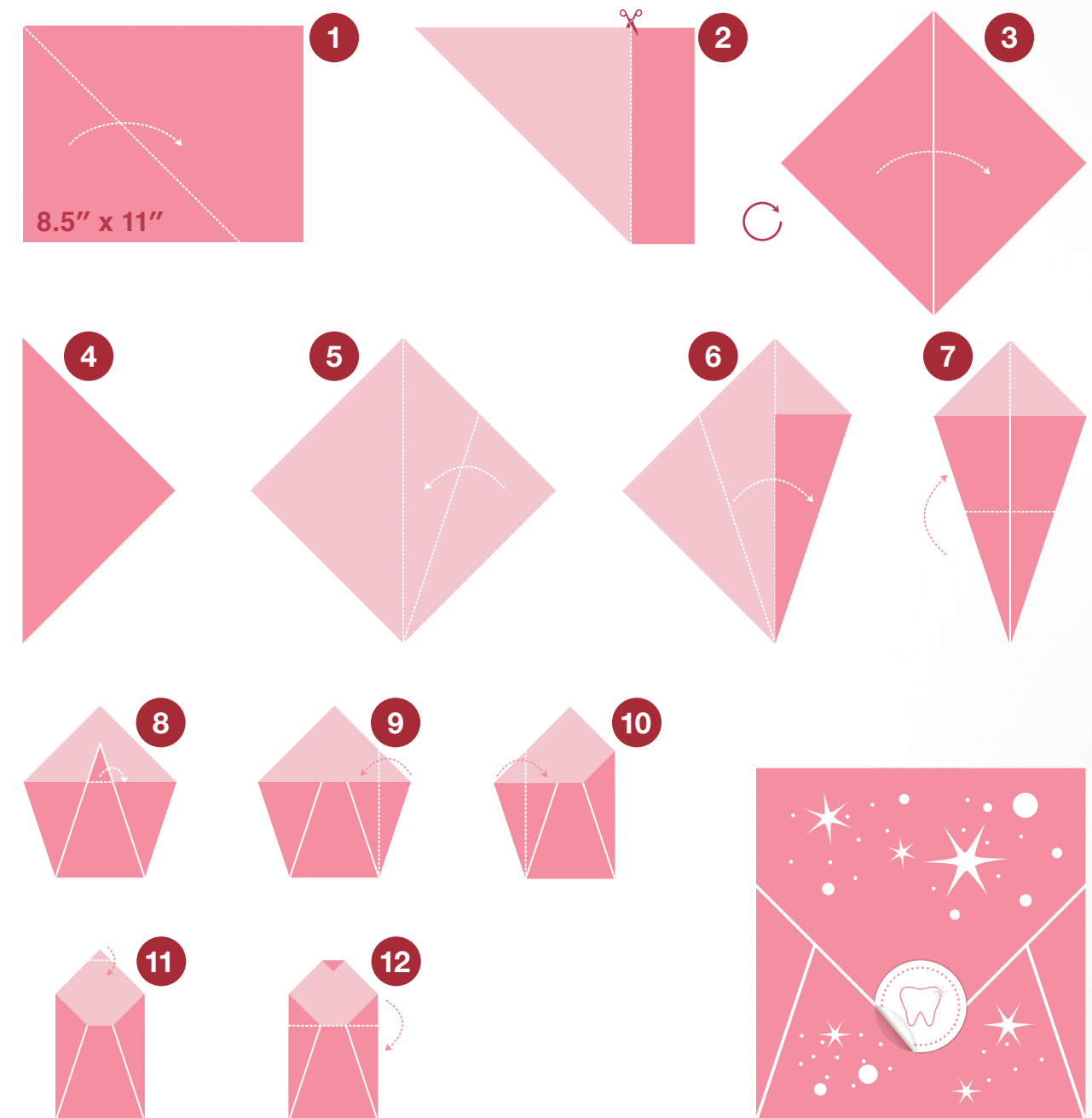


oral health

ORIGAMI

Make your own envelope for the Tooth Fairy!

Fold a piece of paper into an envelope, place your lost tooth in it, and put the envelope under your pillow. That way, the Tooth Fairy can easily find your tooth at night. Maybe she'll leave something in return!



the road to **GOOD ORAL HEALTH**

The path to healthy teeth is filled with twists and turns. Follow the road to the toothbrush at the end of the maze, and make sure to avoid all of the cavity-causing no-nos along the way!

START

FINISH



how to make a tooth fairy door

The Tooth Fairy has a lot of houses to visit every night. Make it a little easier for her by putting a door in your room that's just her size!

here's what you'll need:



A doll house door



Glitter



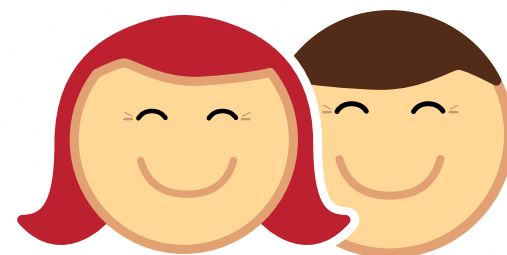
Small paintbrushes



Craft paint



Something to stick the door to your wall like removable tape strips or putty



A grown-up for help or supervision

INSTRUCTIONS:

1

Paint the door whatever colors you like.



2

Sprinkle the glitter on the door while the paint is still wet. This will help it stick. (It may help to paint the door in sections and add glitter as you go.)



3

After the paint and the glitter have dried, shake off any extra sparkles.



4

Now have a grown-up help you find a good place to put your Tooth Fairy door. Once you have it in place, the Tooth Fairy is sure to find her own special way into your room – and she'll be happy you made her job a little easier!





PLAY IT SAFE

Wearing a mouthguard to sports practices and games can help keep your smile safe. This athlete is already wearing his mouthguard. Connect the dots to see what sport he plays!



CHUCKLE

HA HA ha corner

What time was the vampire's dentist appointment?

TOOTH-HURTY.

What is a dentist's favorite animal?

MOLAR BEAR

What does a dentist call an X-ray?

A TOOTH-PIC!

What did the dentist get for an award?

A LITTLE PLAQUE.

Why do dentists like potatoes?

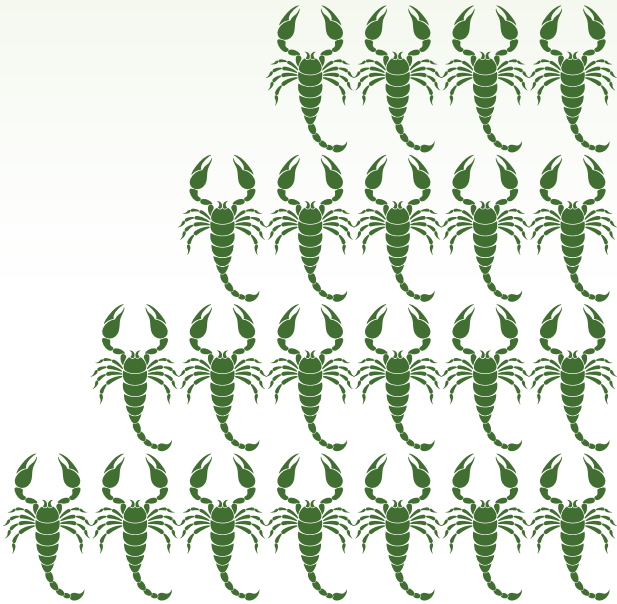
BECAUSE THEY ARE SO FILLING.

What does a dentist do on a roller coaster?

SHE BRACES HERSELF!

for the

RECORD



The most scorpions
held in one person's
mouth is

22.

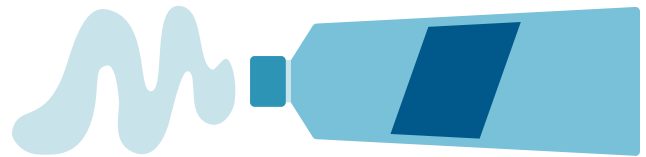
Don't try this one at home!



The longest kiss
ever lasted for

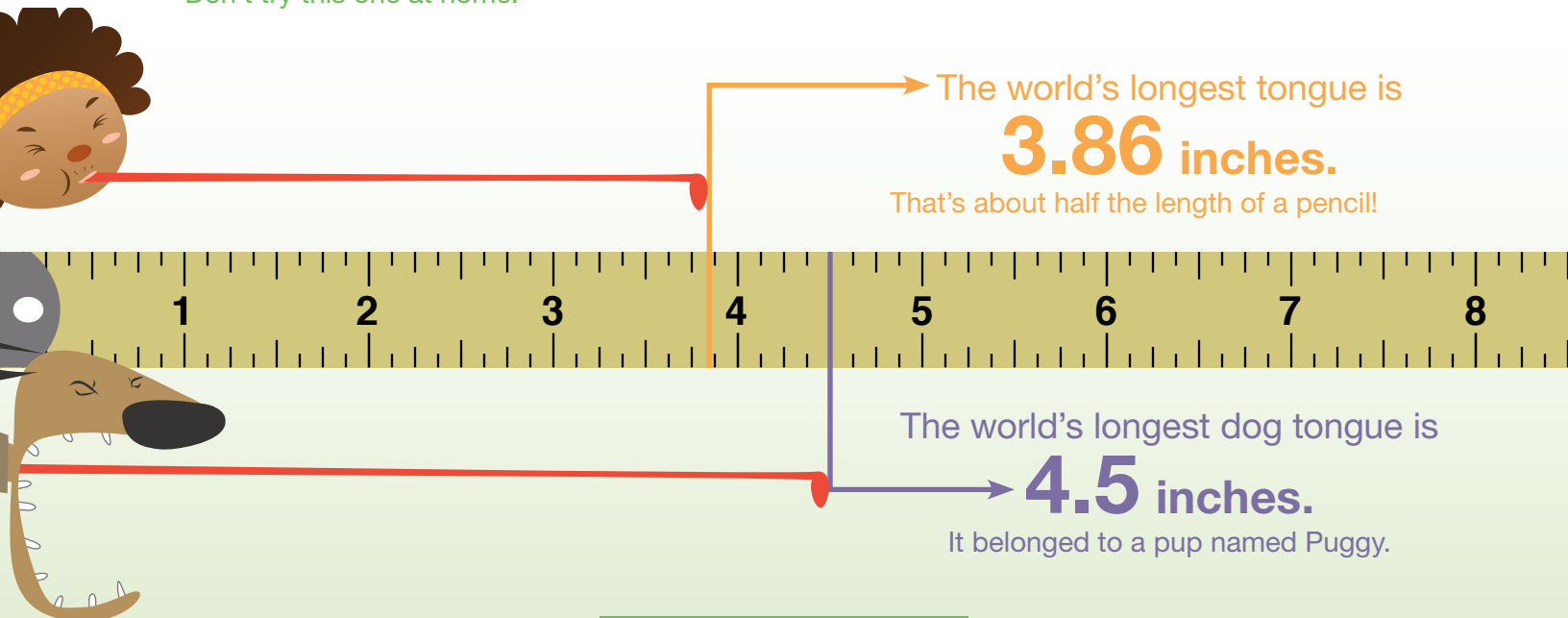
58 hours,
35 minutes, and
58 seconds.

That's almost 2.5 days!



The biggest tube of toothpaste
ever made was

9.7 feet long and
weighed **1,719** pounds!



The world's longest tongue is

3.86 inches.

That's about half the length of a pencil!

The world's longest dog tongue is

4.5 inches.

It belonged to a pup named Puggy.