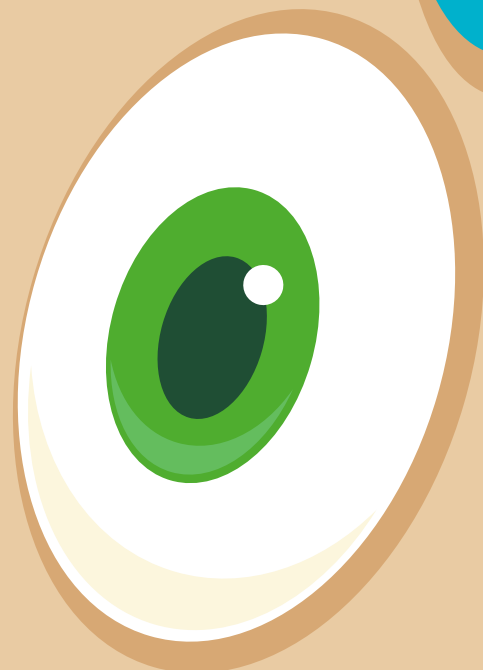
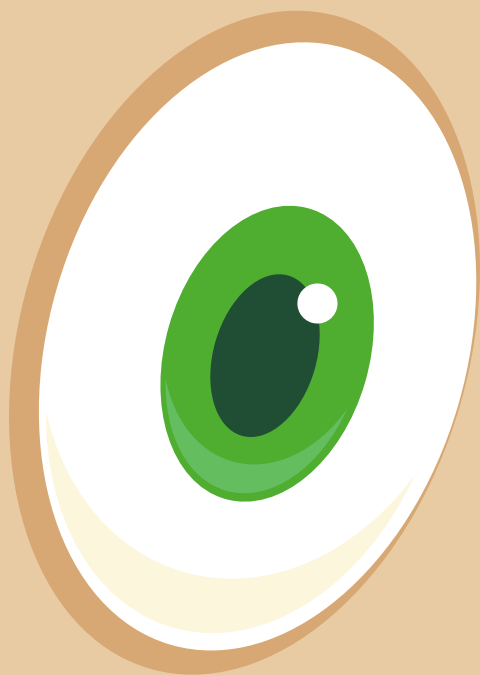


grin!™

for **kids**



grin![™]

for KIDS

- 4 lost: your tooth!
- 6 the game of *grin!*
- 8 tic-tac-tooth
- 9 keep your mouth healthy
- 10 brushing & flossing calendar
- 11 hello, my name is tooth
- 12 mouthguard madness
- 14 science with dr. grin!
elephant toothpaste
- 16 craft corner:
turn your old toothbrush
into a paintbrush!
- 17 healthy mouth match



feature article

12 mouthguard



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



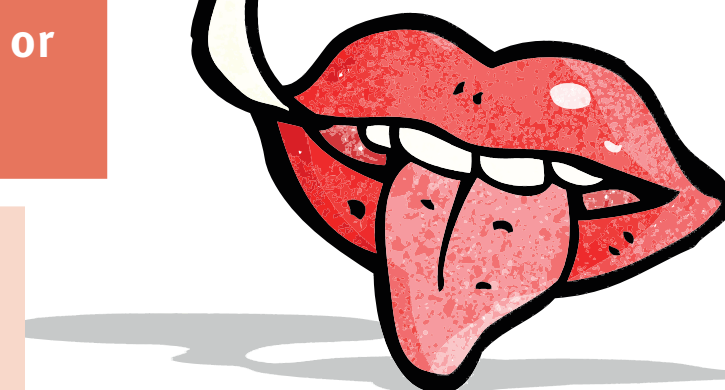
How is your tongue
like your fingerprint?

They're
both totally
unique!

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.

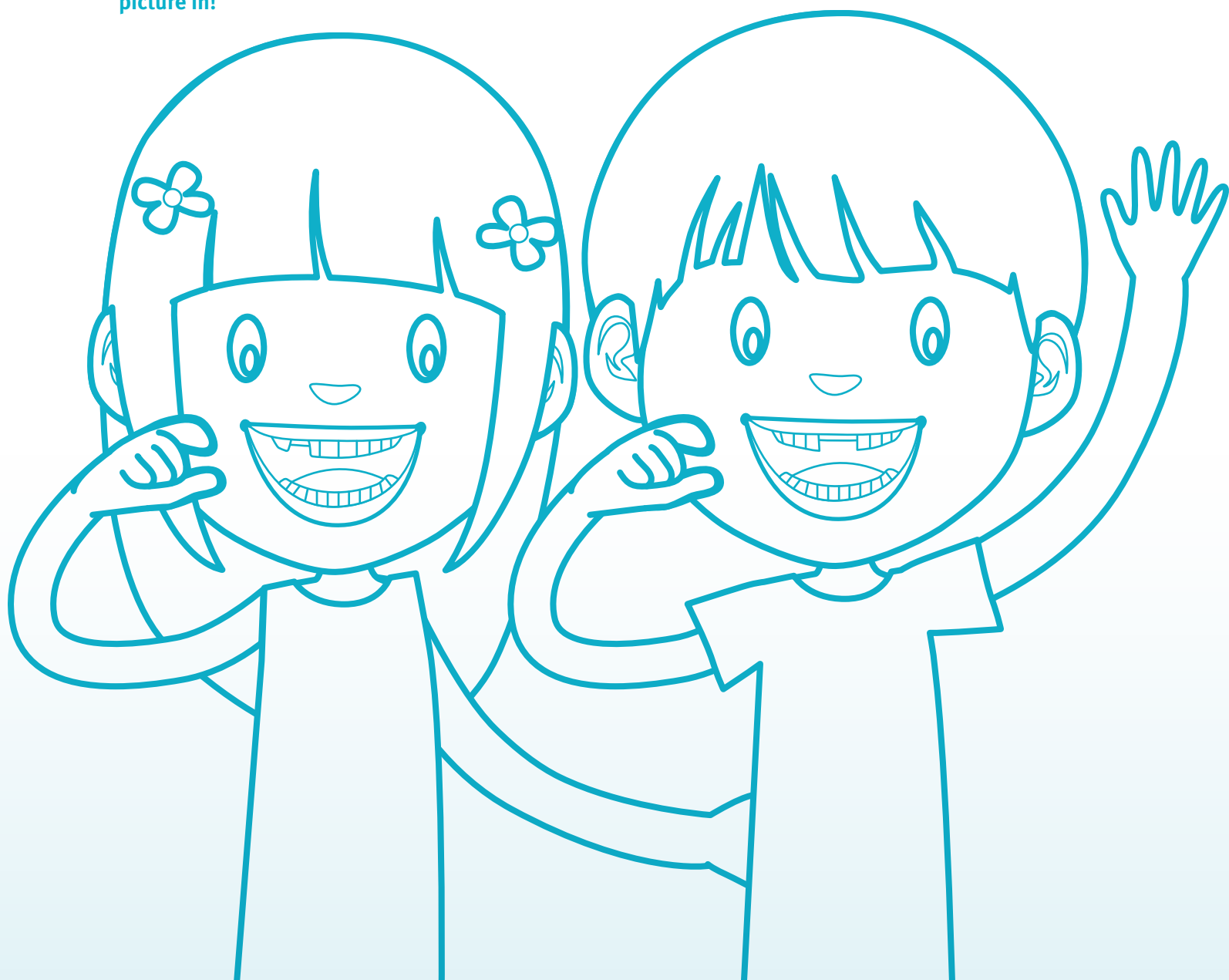




LOST: YOUR TOOTH!

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	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20

The Game of grin!

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

How to play:

1. Grab a dice and some game pieces from another board game. You can also use coins as game pieces.
2. On your turn, roll the dice 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!

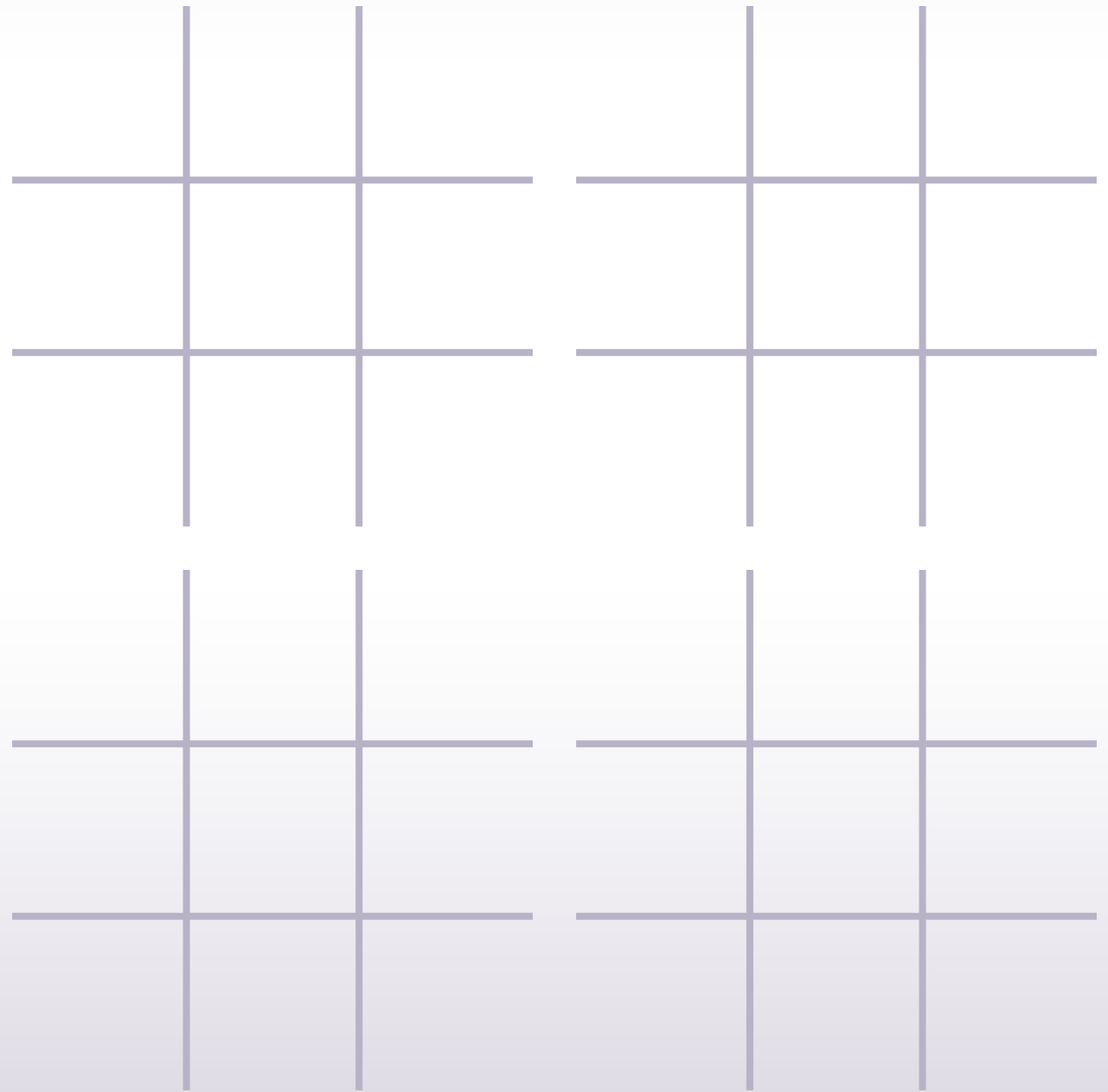


GOOD FOR YOUR TEETH: Cheese, milk,
apple, yogurt, broccoli and water.
BAD FOR YOUR TEETH: Lollipop, candy,
potato chips and doughnut.

TIC-TAC-TOOTH



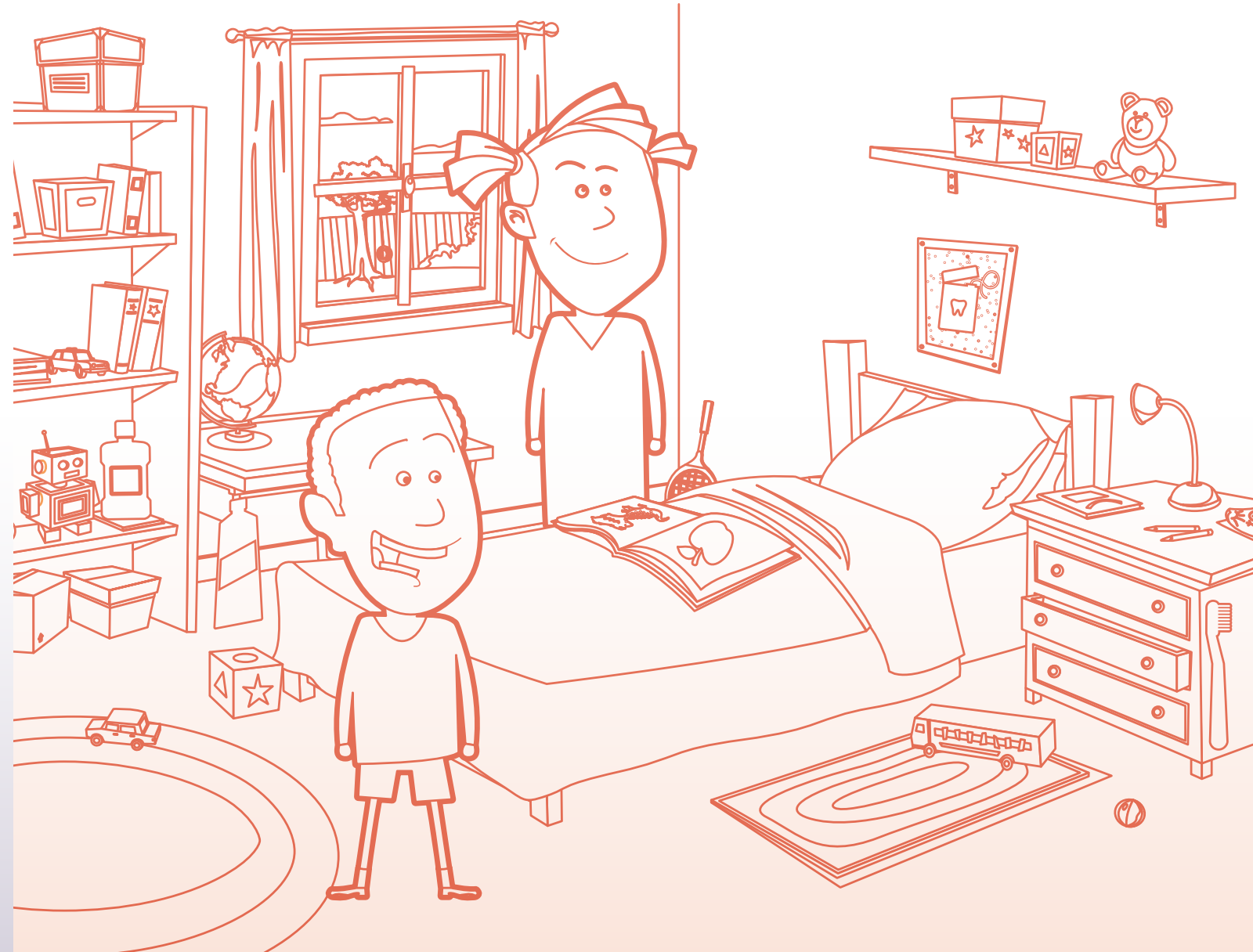
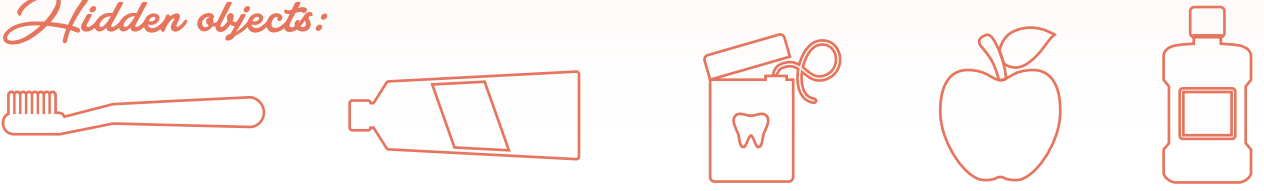
Skip the boring X's and O's – play Tic-Tac-Tooth instead! Grab a partner and decide who will draw toothbrushes and who will draw teeth. The first person picks a box to draw his or her symbol in. (You have four grids, so take turns going first.) Then, the second person gets to place a symbol in an empty 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.



I BRUSHED
& FLOSSED
MY TEETH!



MONDAY

BRUSHED MORNING	BRUSHED NIGHT	FLOSSED
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TUESDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

WEDNESDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

THURSDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

FRIDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

SATURDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SUNDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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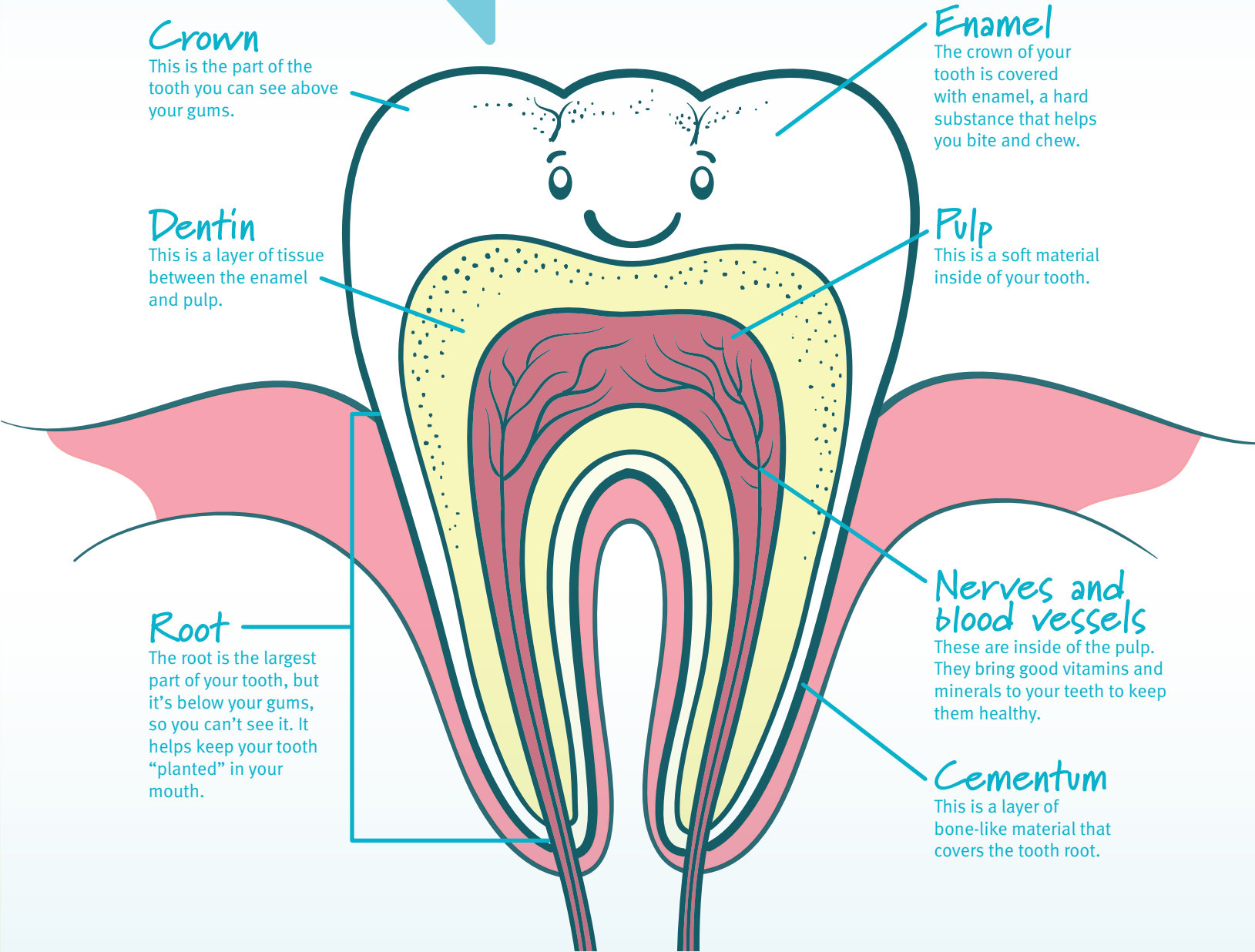
KIDS:
Keep this chart in your bathroom. Check the box each morning you brush and each night you brush and floss.

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!



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.



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

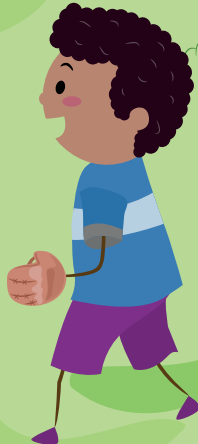
Mouthguards are pretty amazing! They're just little, bendy pieces of plastic, but mouthguards can protect your mouth from jaw injuries, cuts on your lips and tongue, and even broken or lost teeth.



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.



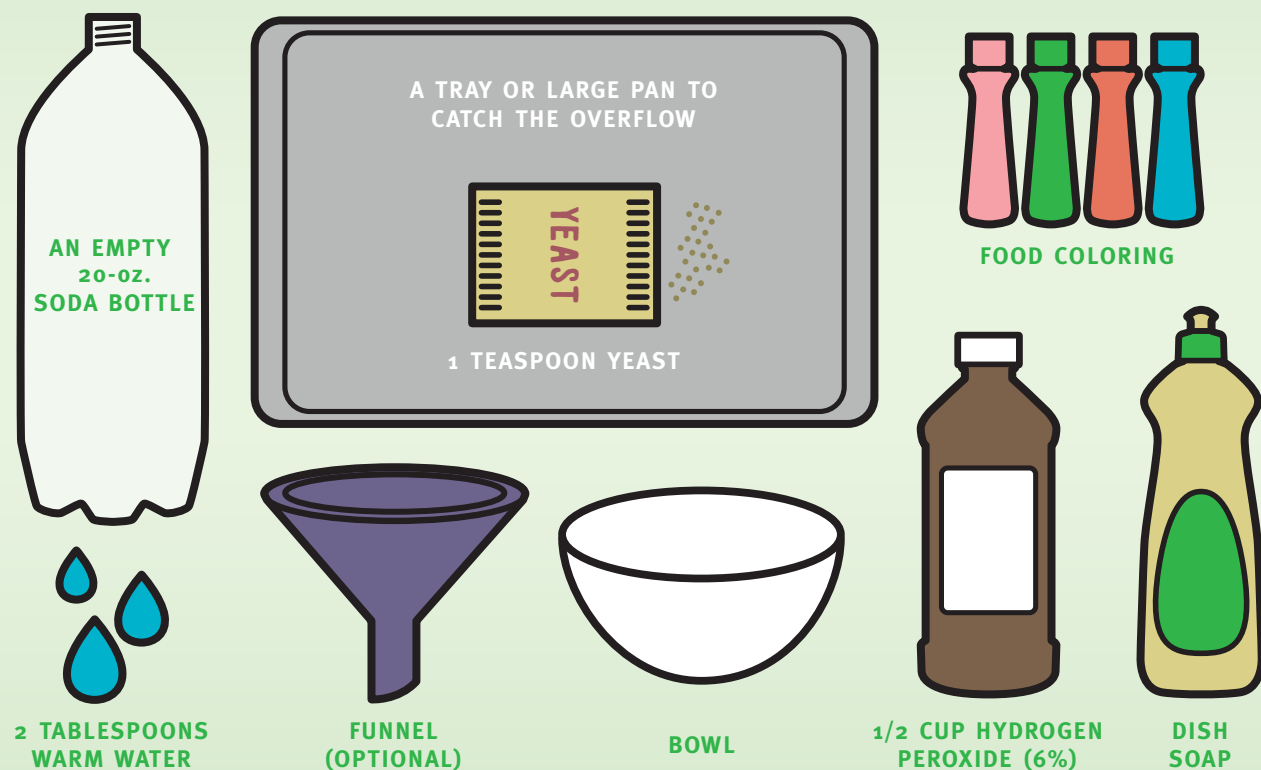


SCIENCE WITH DR. GRIN!

ELEPHANT TOOTHPASTE

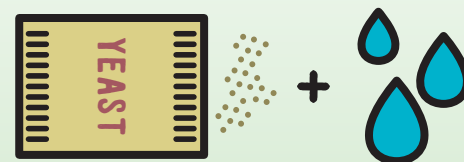
Because you're a human, it only takes a pea-size amount of toothpaste on your toothbrush to keep your mouth clean. If you were an elephant, though, it would take tons of toothpaste. Get ready to see what elephant toothpaste might look like!

HERE'S WHAT YOU NEED:



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.



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

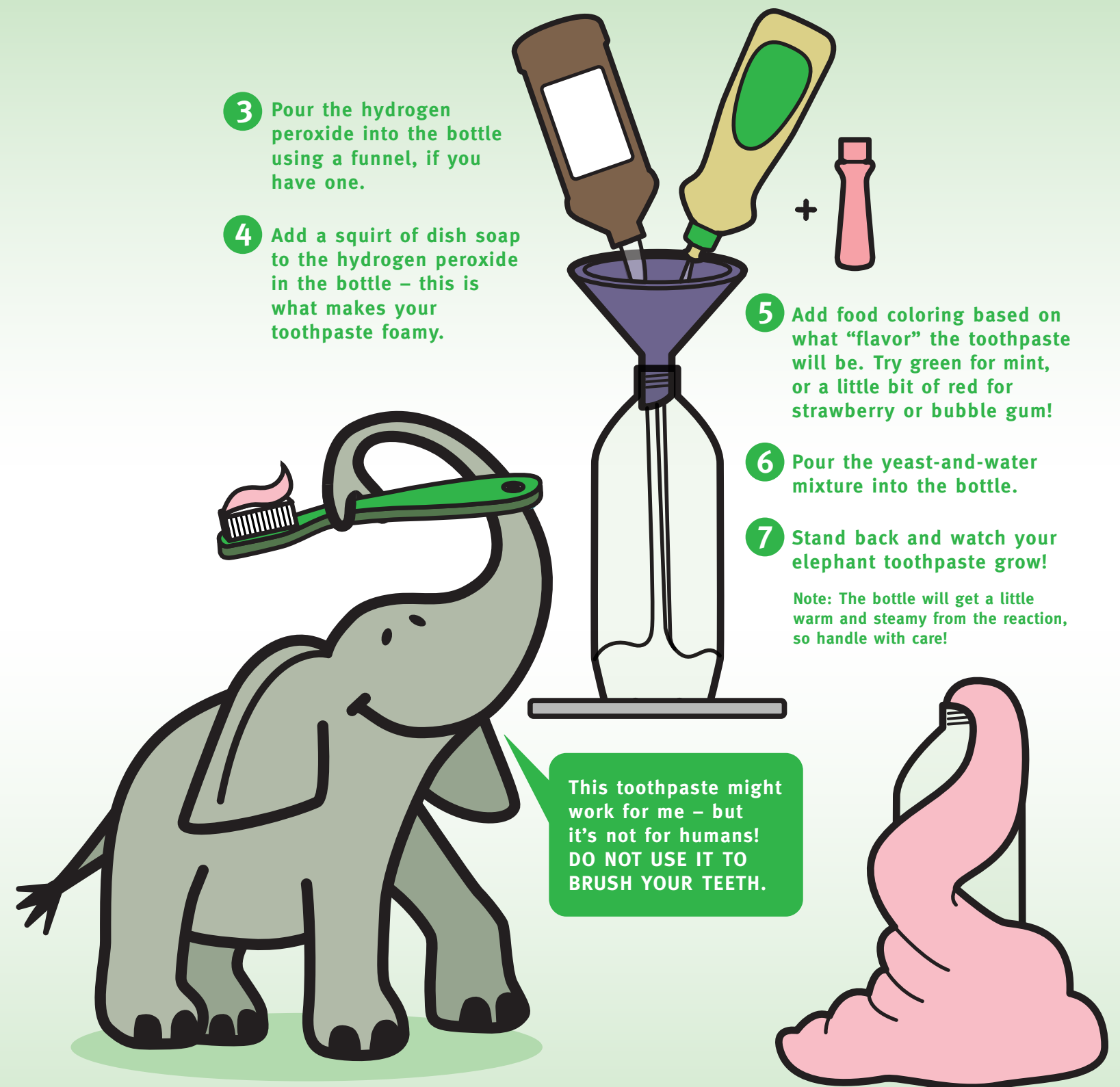
- 4 Add a squirt of dish soap to the hydrogen peroxide in the bottle – this is what makes your toothpaste foamy.

- 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!





CRAFT 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.**

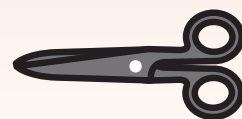
HERE'S WHAT YOU NEED:



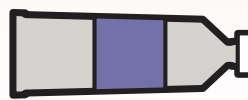
OLD NEWSPAPER



OLD TOOTHBRUSH



SCISSORS



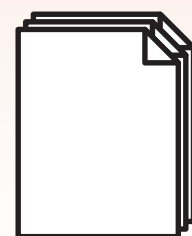
PAINT



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.

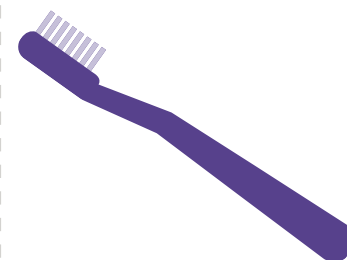
TRY WATERCOLOR OR ACRYLIC PAINTS, EXPERIMENT WITH DIFFERENT SHAPES, MIX DIFFERENT COLORS, TRY DIFFERENT BRUSHING PATTERNS.



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.



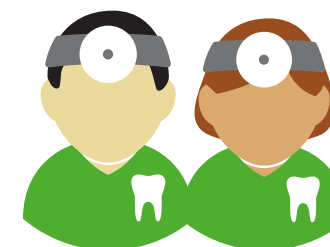
Most kids lose their first baby tooth around age 6.



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



You should use 18 inches every time you floss.



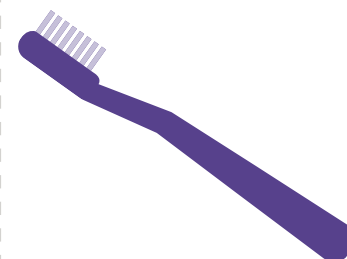
Visit your dentist regularly to keep your smile healthy.



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.



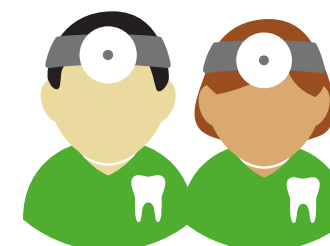
Most kids have all their permanent teeth by age 13.



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.

