

The logo for grin! features the word "grin!" in a white, lowercase, sans-serif font. The exclamation point is stylized with a registered trademark symbol (®) at the top. Below the text is a white, jagged, sawtooth-like graphic element. The entire logo is set against a solid blue background.for **kids**

grin! for kids

ARTICLES



Tips from a tooth genius

Walk through the lab of a tooth 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 Dental trailblazers

ACTIVITIES

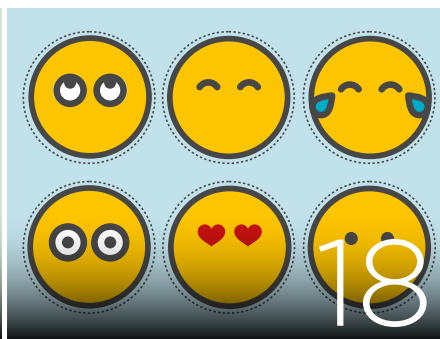


Who works in a dental office?

Hint: It's not just your dentist!

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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!

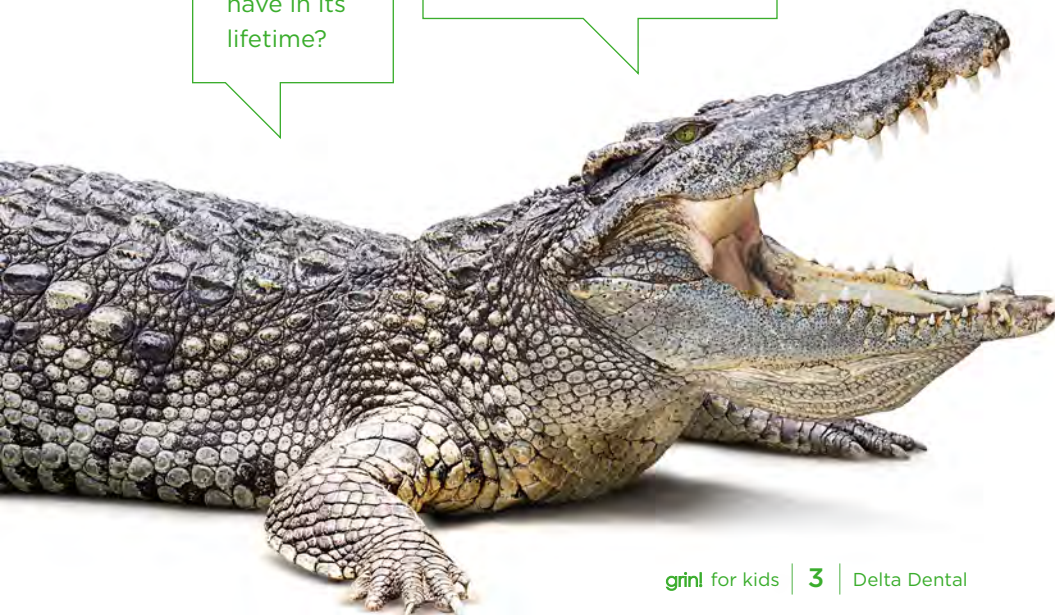


4

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

TOOTH GENIUS

ARTICLE



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 the chalkboard for my brushing equation.

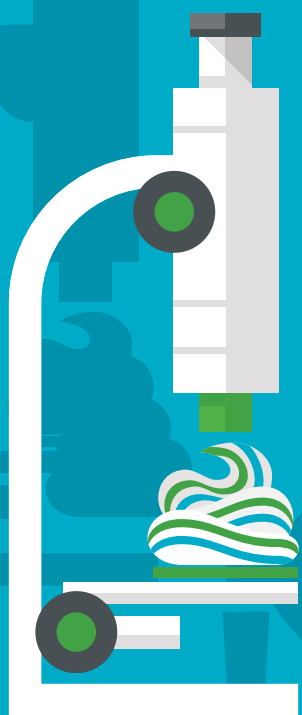
2

The next ingredient in my formula is **fluoride toothpaste**.

Fluoride is a mineral that makes your teeth stronger so it's harder for cavities to form.

3

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



(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.

4

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

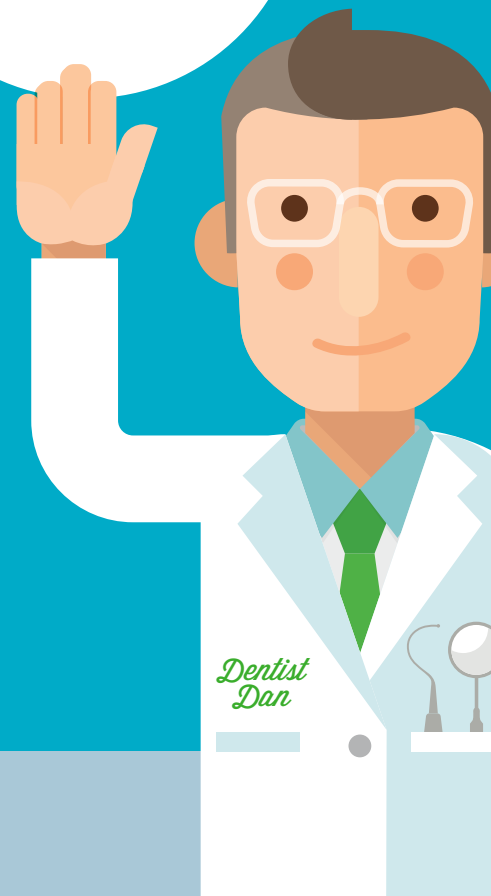
5

Some foods help teeth. Other foods can hurt them. Cut back on sugar and starch to prevent cavities.

6

I visit the dentist for regular cleanings and checkups. I love the feeling of clean teeth!

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



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?



tohumraudg

What ingredient in food and drinks can cause cavities?



grusa

Who do you visit for cleanings and exams?



dsttine

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

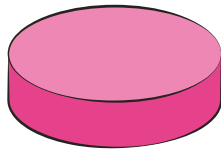
Experiment:

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 carefully to remove plaque.

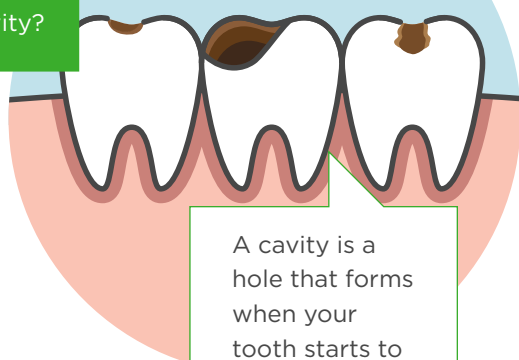


Remember to brush and floss those spots in the future to keep your mouth healthy!

Get the scoop on cavities

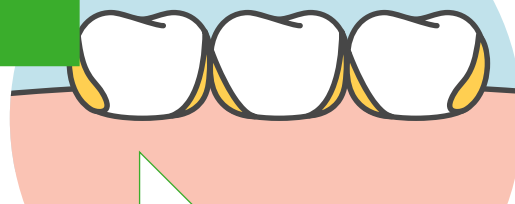
If you've heard your dentist mention "cavities," you might wonder what they are and where they come from. Well, wonder no more! Here's everything you need to know about cavities, also known as tooth decay.

What is a cavity?



A cavity is a hole that forms when your tooth starts to break down.

What causes a cavity?



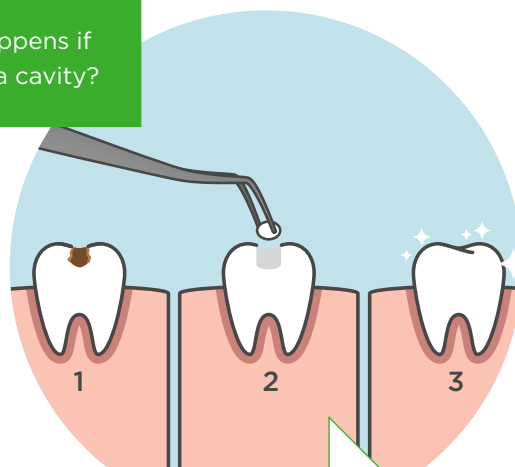
When you don't brush and floss properly, the bacteria in your mouth coat your teeth with a sticky layer called plaque. This can make your teeth feel "fuzzy." Plaque is acidic and can create holes, also known as cavities, as it breaks down the surface of the tooth.

Why are cavities bad?



If not treated, a cavity can grow bigger and bigger. It can spread infection and make your tooth hurt. Eventually, your dentist may have to pull out the tooth.

What happens if you get a cavity?



If your dentist spots a cavity, he or she will remove the damaged part of your tooth and fill the hole. This is called a filling.

Why x-rays are x-tra handy

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

See the next page for an example of how x-rays show hidden cavities.



Taking an x-ray is easy

- 1 Your dentist or hygienist covers your body with a heavy apron to protect you.
- 2 You bite down on a piece of plastic. This helps the x-ray machine focus on a specific part of your mouth.
- 3 Your dentist or hygienist adjusts the x-ray machine, and then steps out of the room to take a picture.
- 4 All done! You can look at your x-rays on the screen.

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

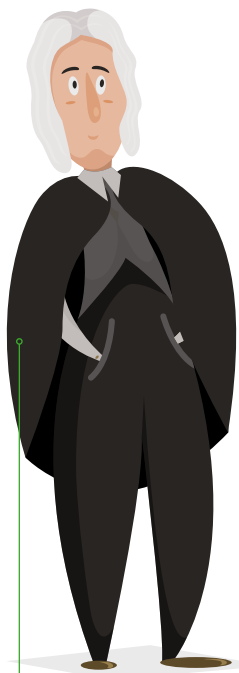


Dental trailblazers

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. He was the first medically trained dentist in the colonies.



Horace Hayden and Chapin Harris
Founders of the first dental school
Hayden and Harris founded the Baltimore College of Dental Surgery in 1840.



Lucy Beaman Hobbs Taylor
First woman to earn a dental degree
Ohio College didn't allow Taylor to attend at first, but she kept applying. She graduated with her dental degree in 1866. This helped open the door for female dentists everywhere.



Wilhelm Röntgen
Inventor of the x-ray
Röntgen 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 see a lot more of patients' mouths.

Dash to the dentist

You have a visit to the dentist coming up. The clock is ticking! 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.

Brush your teeth after you eat.

Eat balanced meals low in starch and sugar. Don't forget to eat your veggies!

ACTIVITY

MARKET

Fresh veggies
make great
on-the-go snacks.

Thirsty? Try
water instead
of lemonade!

LEMONADE

CANDY
SHOPPE

Cut back on
sweets to
save your
teeth!

Dentists can tell
if you haven't
been brushing
or flossing.

DENTIST

FINISH

ACTIVITY

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

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 smile and let our team know when patients arrive. I also answer the phone and schedule appointments.

FRANK THE FISH

Don't forget about me! I 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 dental supplies when we run out and so much more. I can also help answer any questions you have about your mouth.

ACTIVITY



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

Find five dental tools in the picture below.

DENTAL HYGIENIST

I'm usually the first person who gets to see your teeth — even before the dentist. I'm trained to clean your teeth 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 hardened plaque from your teeth.

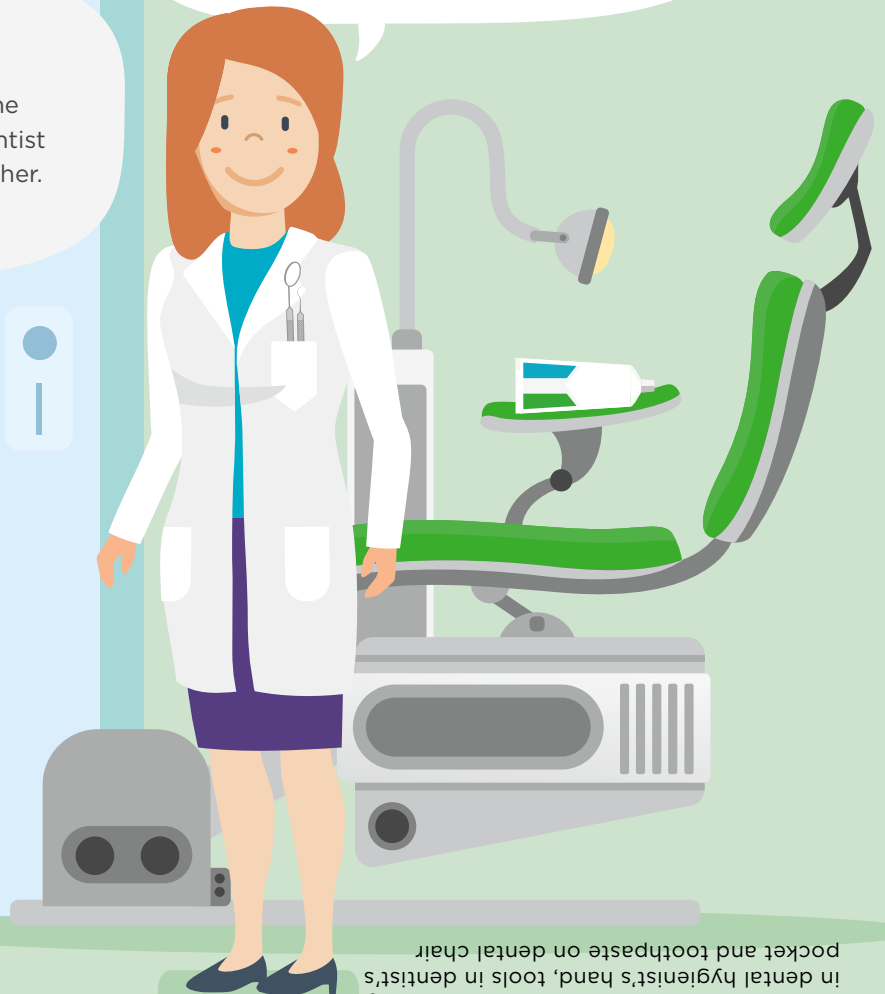
I use x-rays to get a better view of your teeth. Once I've done my job, I tell the dentist you're ready to see her.

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 see if anything is wrong. If you have a cavity, I'll fill it. I also show you how to prevent dental problems down the road.

ACTIVITY



Answers: floss on receptionist's desk, toothbrush in dental assistant's hand, x-rays in dental hygienist's hand, tools in dentist's pocket and toothpaste on dental chair

The perfect lunch

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



Fresh, crunchy foods like apples and carrots can help wash away harmful bacteria.



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



Drinking water or plain milk is good for teeth.



Dairy products like milk, cheese and yogurt have lots of calcium for strong teeth.



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



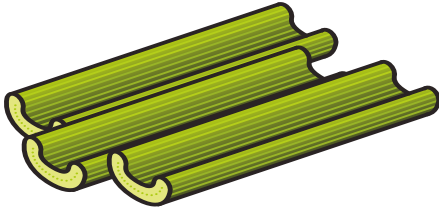


Mouth-friendly recipe:

Apple snails

These apple snails are cute and tasty! Give this recipe a try for your next snack. Ask an adult to help you gather the ingredients.

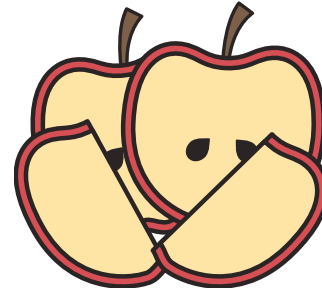
Here's what you need



1 stalk of celery, cut into thirds



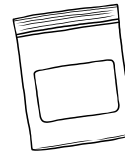
¼ cup peanut butter



3 apple slices, halved



6 thinly sliced carrot pieces



1 zip-close bag

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

Cut one of the corners of the plastic bag to make a small hole.

4

Squeeze peanut butter onto the apple slices to make them look like a snail's shell.

5

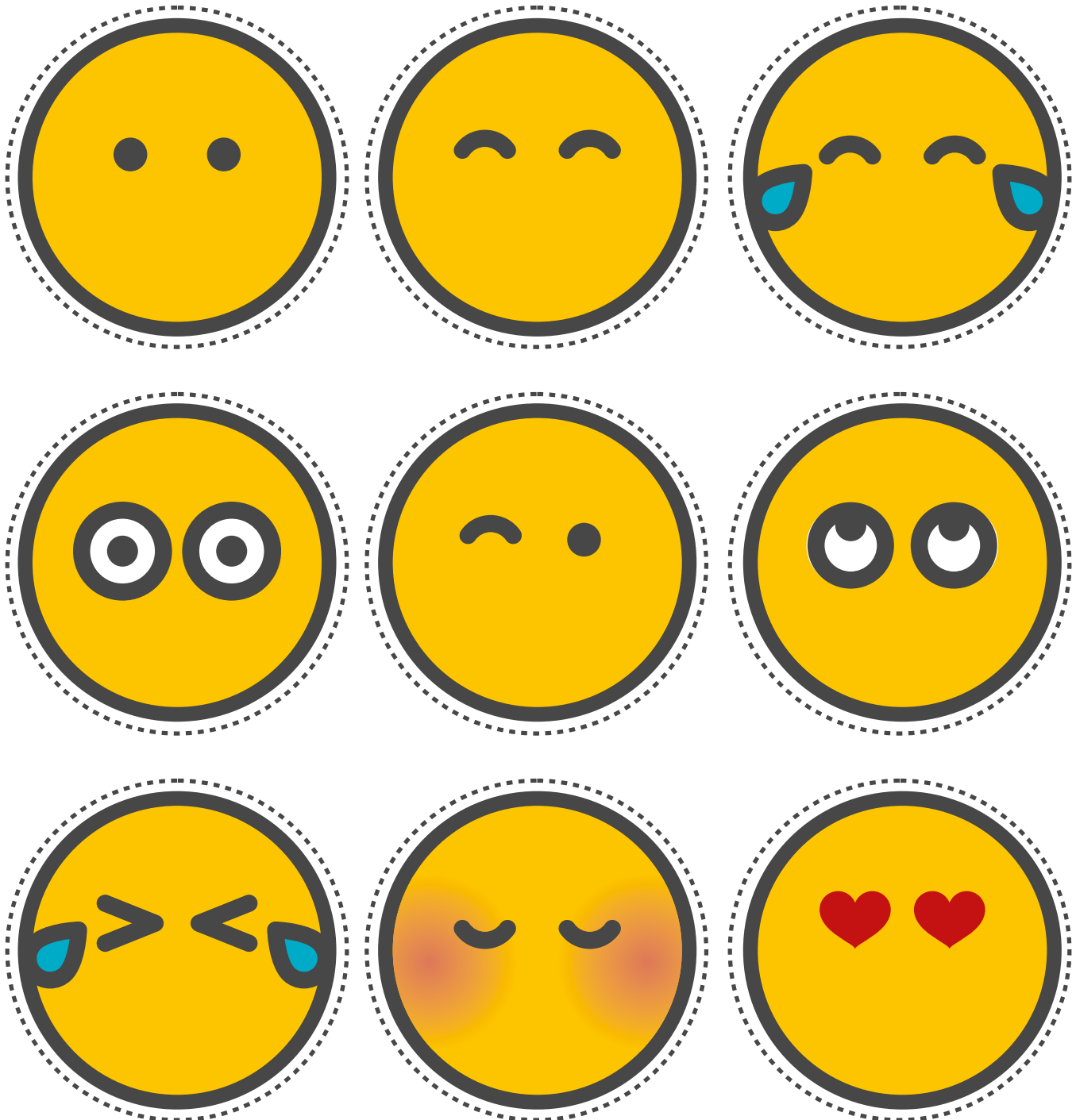
Place the apple pieces in the peanut butter to make the snail's shell.

6

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

Emoji expressions

Did you know that smiling can actually make you feel happier? Smiling at your friends can improve their day! Give these emojis something to smile about by drawing in their missing expressions. Cut out your finished emojis to 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 were when you lost your tooth and how old you were.

Lost tooth details:

Lost tooth details:

Lost tooth details:

Lost tooth details:

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

Not every tooth has the same job. Teeth are shaped differently to perform specific tasks, like biting or chewing.



Celebrate your smile!

Around the world, people are appreciating their magnificent mouths with these toothy holidays. Mark these dates on your calendar to join the fun.

ACTIVITY

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 the right foods to keep your mouth healthy and cavity-free.

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 ask your parents when your next visit is.

JUNE 15

National Smile Power Day

Give the people around you a reason to smile. Surprise your friends or family members with a good deed.

OCTOBER 5

World Smile Day

Did you know that the smiley face icon was created in 1963? Let your smile shine by watching a funny movie or telling your friends a joke. Check out page 3 for ideas.

Connect the dots for a celebration surprise!



ACTIVITY

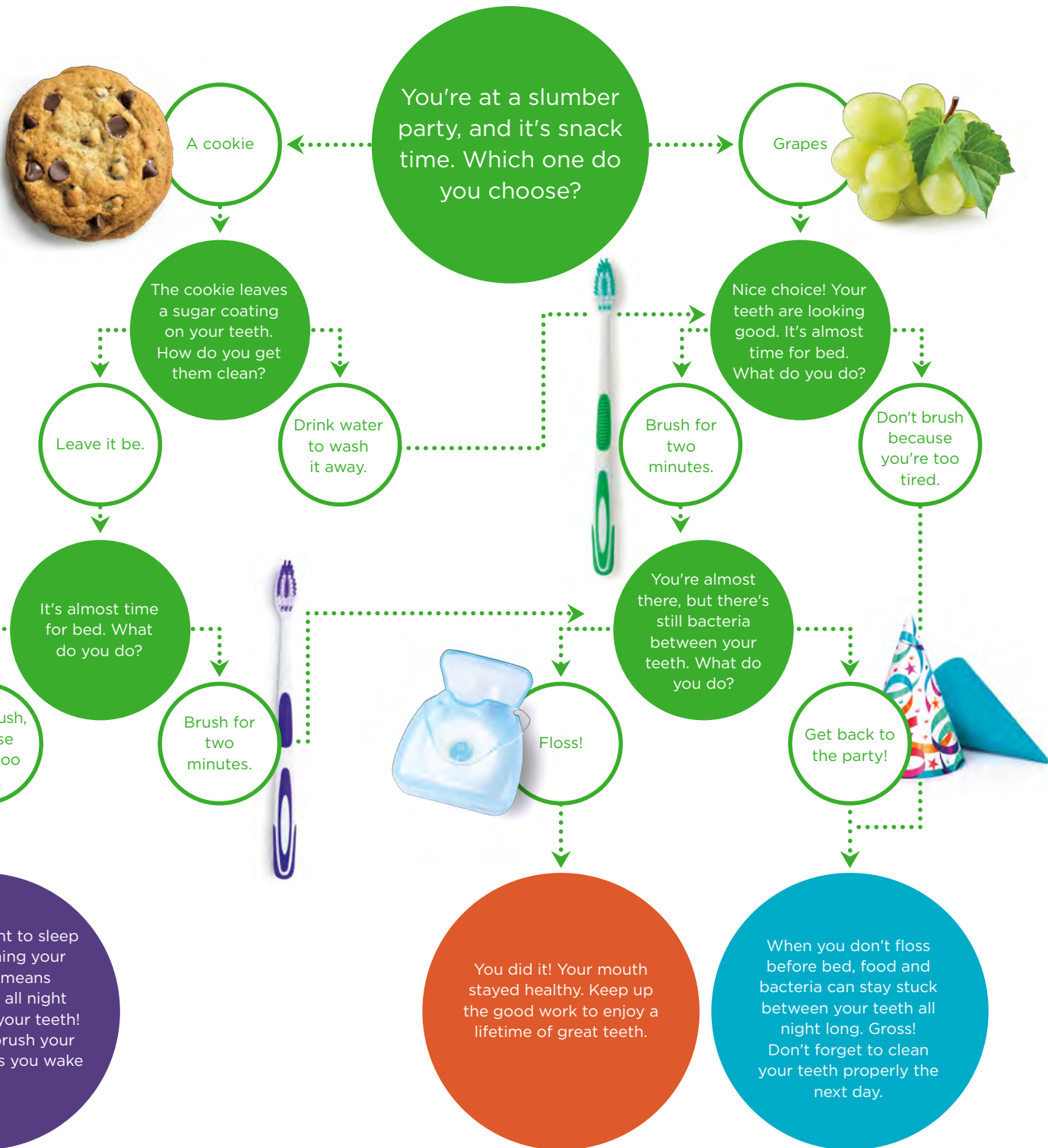
SEPTEMBER 20

Love Teeth Day

In China, this holiday reminds people how important dental care is in preventing mouth problems.

Decisions, decisions

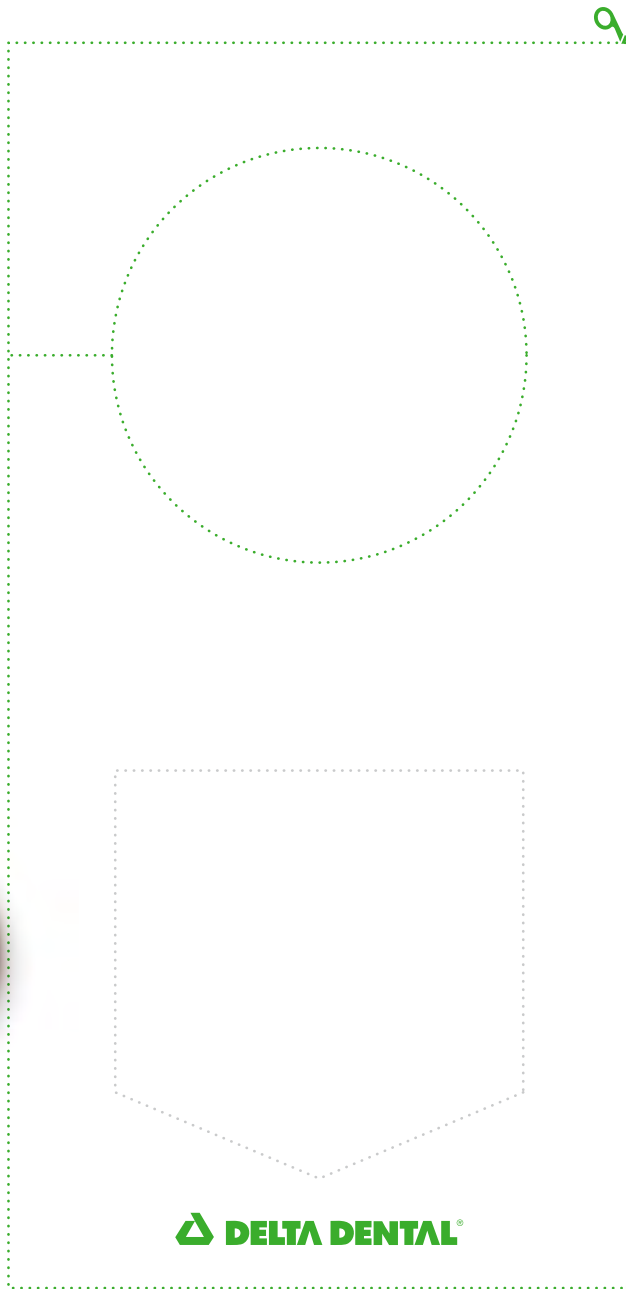
See if you can deal with a slumber party without hurting your teeth. Answer the questions below to see how you'd do.



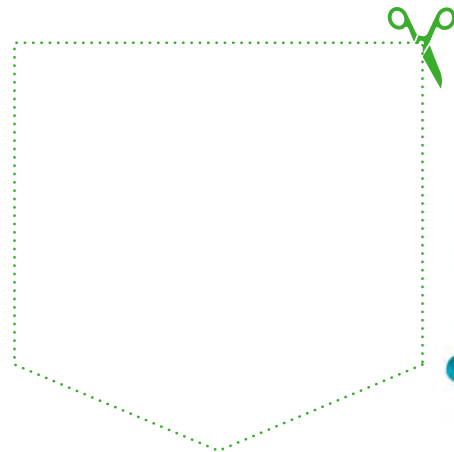
Craft corner:

Tooth Fairy door hanger

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



Piece A



Piece B

- 1 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 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 Color and decorate the door hanger with sparkles, beads and whatever else you like.
- 4 Once you're done, hang your creation on your door for the Tooth Fairy's next visit.



