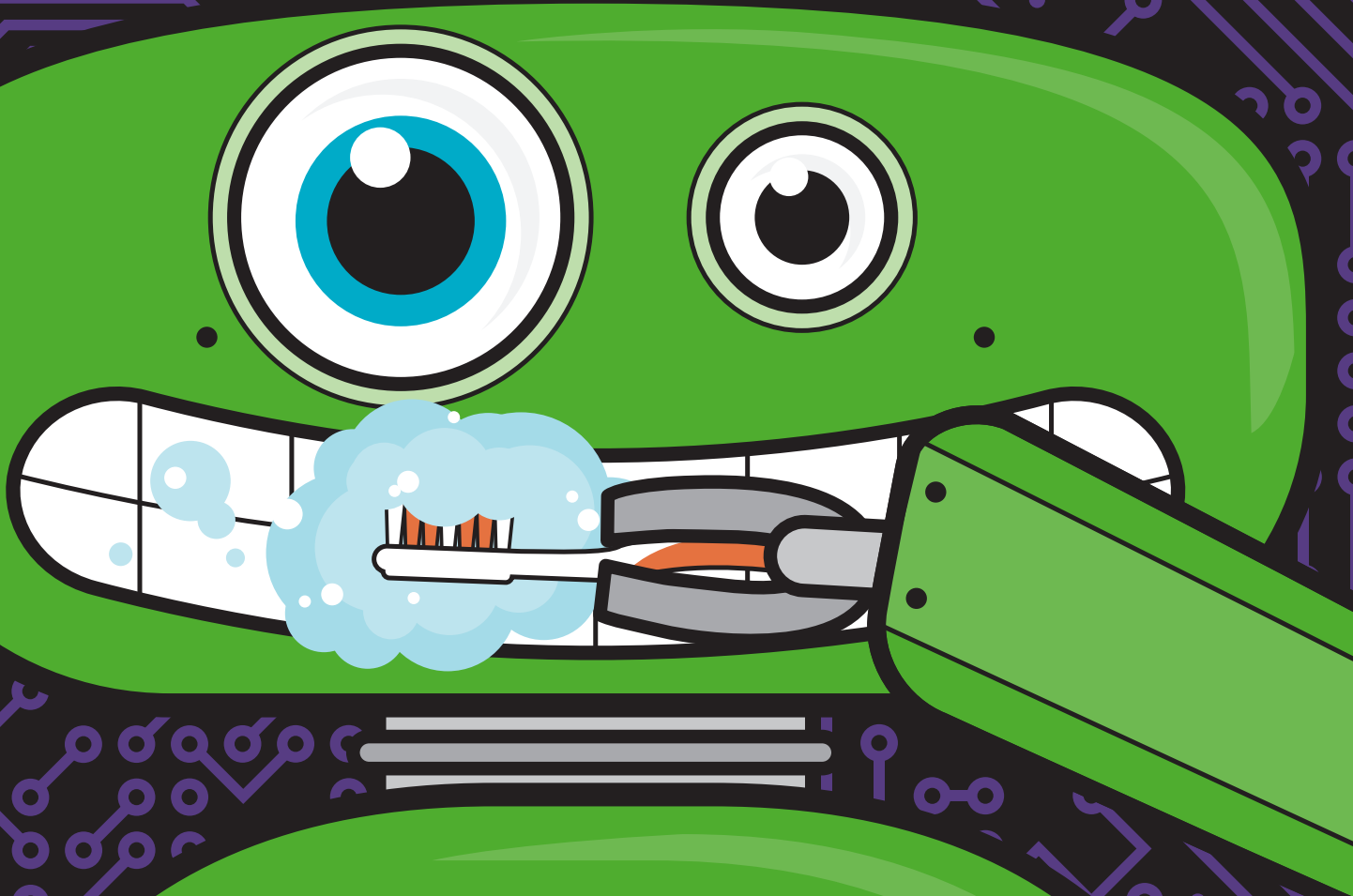


grin!®

for **KIDS**



BEEP. BOOP.
BRUSH.

grin![®]

for KIDS

ARTICLES



Travel with the Tooth Fairy

You know the Tooth Fairy, but have you heard of the Tooth Mouse? Find out what kids around the world do with their baby teeth.

- 4 Kids want to know!
- 19 Brush and floss with a robot
- 20 Where should you keep your toothbrush?

ACTIVITIES



Shop with a robot

See your grocery store a whole new way. In this board game, a friendly robot offers a new spin on shopping.

- 5 Crack the robot code
- 14 Keep your guard up
- 22 Name your toothbrush

ARTS & CRAFTS



Defeat mouth monsters!

Grab your favorite colored pencils or markers. It's time to show these no-good beasts who's boss.

- 6 Experiment: Fab floss
- 7 Keep track of your lost teeth
- 11 Craft corner: Robot toothbrush holder
- 16 Mouth-friendly recipe: Frozen yogurt buttons
- 17 Get to know your teeth
- 23 Silly smiles

Chuckle corner



Why does Dracula brush his teeth so often?

So he doesn't get bat breath.



What do you call a bear with no teeth?

A gummy bear.

4-word answers



What's unusual about a rabbit's teeth?

They never stop growing!

When do babies usually start to smile?



After about 6 weeks.

Kids want to know!

We asked a dentist and dental hygienist what kids want to know about a healthy smile. Here are some questions they've been asked and their answers. Can you think of other questions you'd like to ask?



What happens if I don't brush and floss?

If you don't brush and floss, a sticky layer of bacteria called plaque will build up on your teeth, creating acids that attack your teeth and cause cavities.



Why do baby teeth fall out?

Most baby teeth get loose and fall out because your permanent teeth push them out. But you can also lose a tooth from an accident or a cavity. Be careful and be sure to brush, floss and see your dentist regularly.



Why do some kids get braces?

Sometimes teeth don't come in the way they should — like when teeth are crooked. Braces can help nudge those teeth in place for a straight, healthy smile.



How do I keep my mouthguard in good shape?

Clean your mouthguard often with a toothbrush and toothpaste. Then rinse it with water. Store it in a case that has holes so it can dry and stay protected.

Does a robot brush its teeth?

Look at the cover of this magazine!

Now it's your turn! Write down your questions and bring them to your next dentist appointment to get the answers.

Question 1:

Question 2:

Question 3:

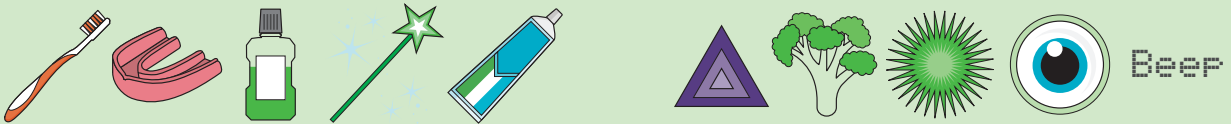
Crack the robot code

Do you think you can figure out what this secret robot code says? Good thing you have the key to the code! Use it to solve the puzzle. *Hint: It's a sentence about your smile.*

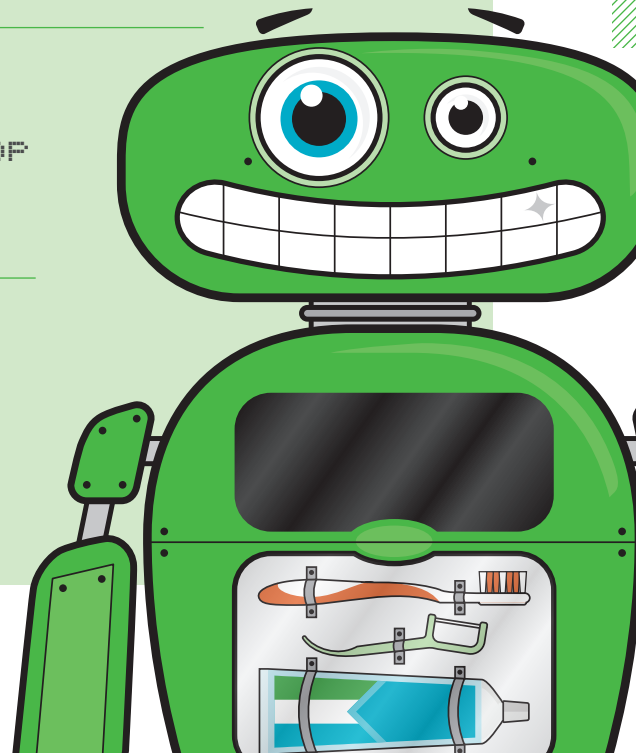
ROBOT CODE KEY

A	B	C	D	E	F	G	H	I	J	K	L	M
				Beep								
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
											Boop	

SPECIAL ROBOT MESSAGE



Answer: Brush twice a day for healthy teeth.



Experiment:

Fab floss

There's a great reason to floss every day: Floss removes food and a sticky film called plaque that get stuck between your teeth. Plus, flossing reaches places that you can't with a toothbrush. That's why brushing and flossing go together!

Try this experiment to see just how well floss removes food from your teeth. On a separate piece of paper, write down what you think will happen and the final results of your experiment.



Here's what you need

- Rubber glove
- Old toothbrush
- Dental floss
- Jar of smooth peanut butter
- Water
- A grown-up to help
- Spoon

Here's how to do the experiment

①

Put on a rubber glove and hold your fingers apart.

②

Have a grown-up spoon out peanut butter and spread it between your fingers.

③

Squeeze your fingers together tightly.

④

Wet an old toothbrush and try to brush the peanut butter away. (You won't need toothpaste for this experiment, but don't forget to use it when you brush your teeth!)

⑤

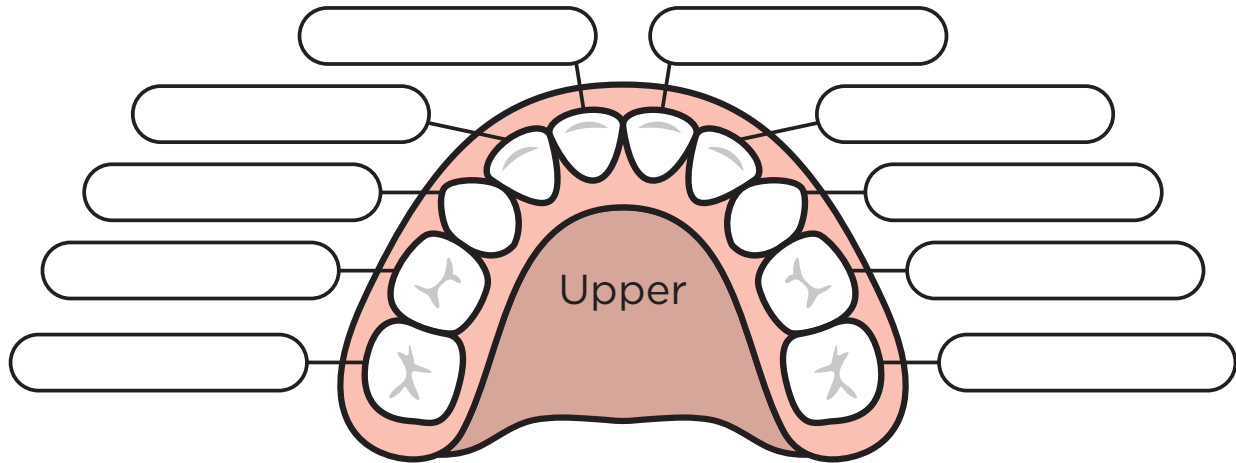
Have a grown-up try to remove the peanut butter with dental floss.



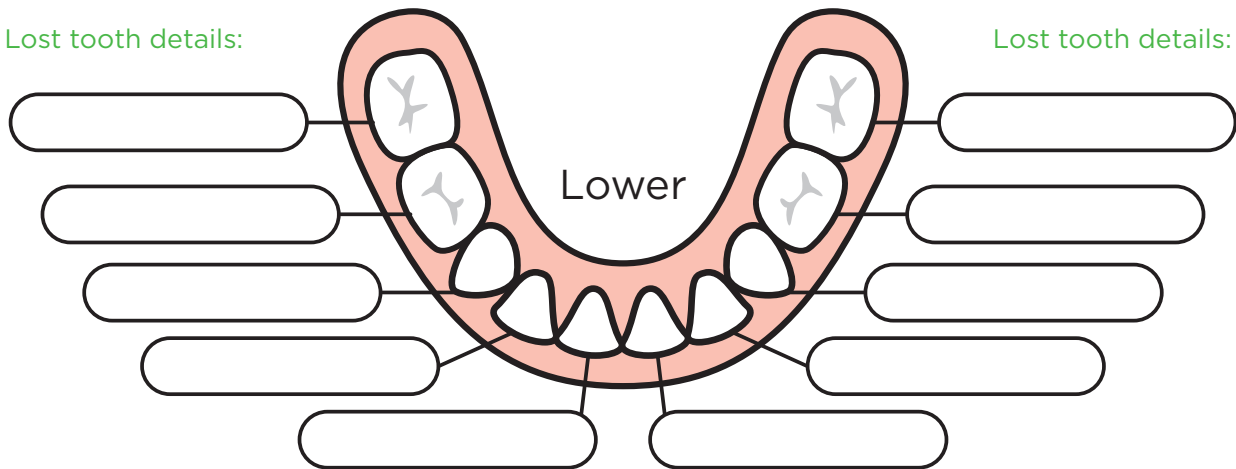
Keep track of your lost teeth

Each time you lose a tooth, color it on this tooth tracker. Make sure to write down details like when and where you lost the tooth. [Go to pages 17-18 to become a whiz at tooth types.](#)

Lost tooth details:



Lost tooth details:



Lost tooth details:

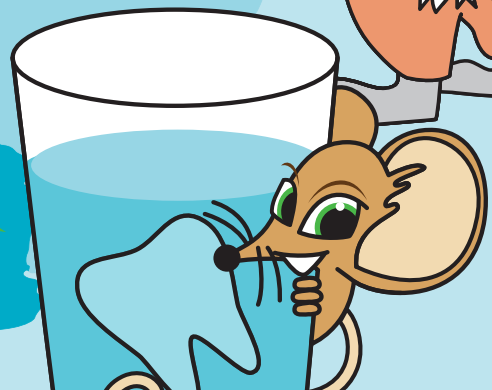
Read these facts and then try to keep track of how often you smile!



Adults
only smile
about 20
times
a day.



Kids
smile up
to
400 times
a day!





La Petite Souris

In France, this little mouse trades tasty treats and money for lost teeth.



Zobna Miška

Children in Slovenia get candy from this mouse. Uh-oh! That might cause cavities.



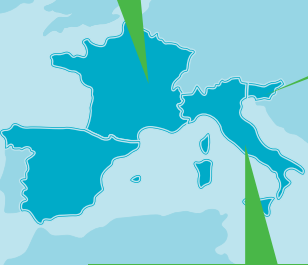
Lost and tossed

Children in China throw their lost teeth on the roof or the ground. In Egypt, kids fling their teeth at the sun.



Tooth Rat

Children leave their lost teeth on windowsills in the Philippines so the Tooth Rat can pick them up and get to the next house quickly.



Topolino dei denti

In Italy, a small mouse and the Tooth Fairy share the job of collecting lost teeth.



Tandemuus

This South African mouse takes teeth from a slipper and leaves a gift.

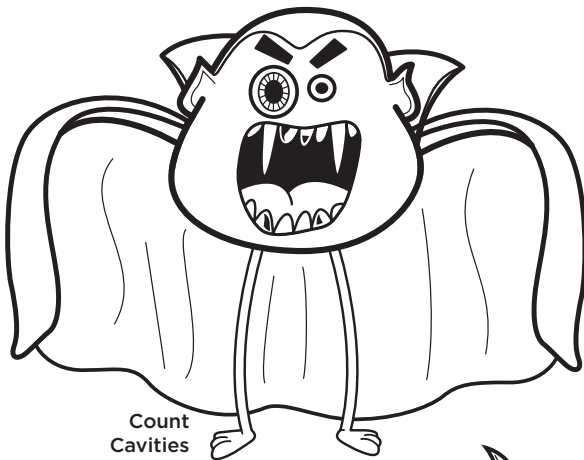


Defeat mouth monsters!

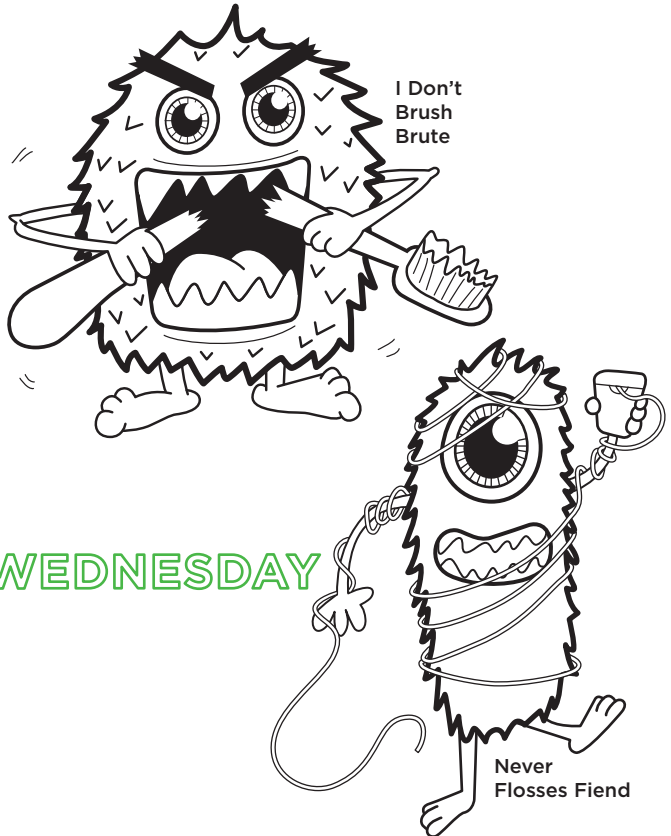
When you brush twice a day and floss every day, you help defeat mouth monsters. Celebrate your victory by coloring a picture each day after you brush and floss.

Have an adult help download more copies of this page at grinforkids.com/mouthmonsters or make extra copies before you start so you can color every week.

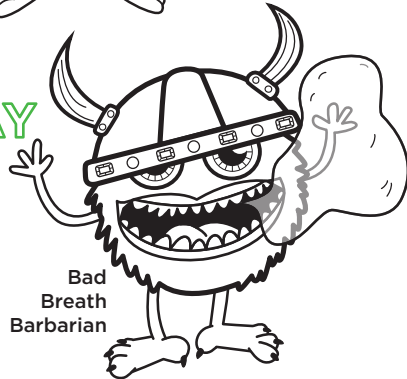
SUNDAY



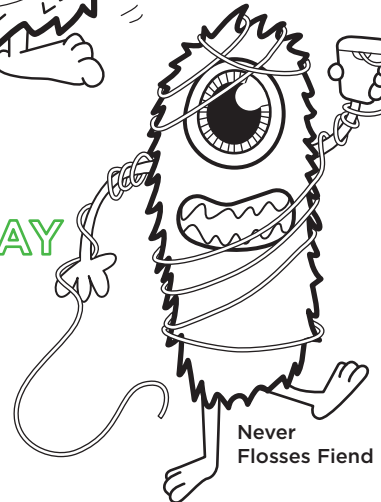
MONDAY



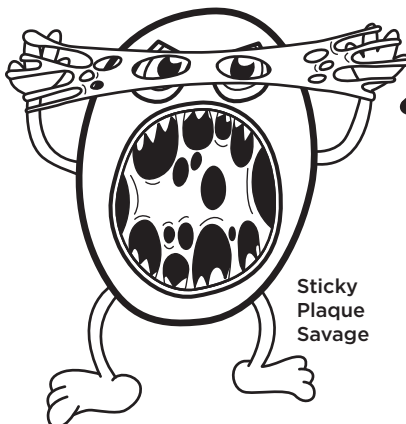
TUESDAY



WEDNESDAY



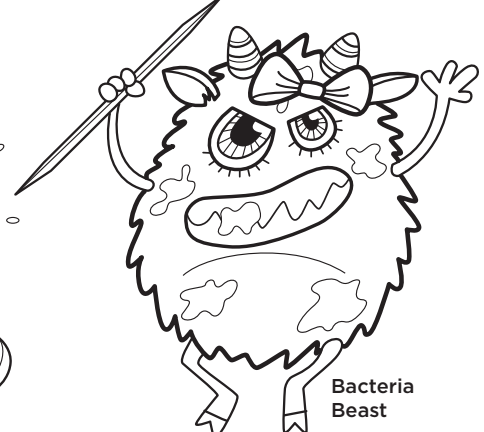
THURSDAY



FRIDAY



SATURDAY



Craft corner:

Robot toothbrush holder

Do you want your own robot? Follow these directions to make one. Then “program it” to hold your toothbrush.



Here's what you need

- 1 recycled jar
- Acrylic paint
- Clear acrylic sealer *(optional)*
- 2 large googly eyes
- Stickers, pipe cleaners, pom-poms, glitter or other items for decoration
- A grown-up *(optional)*
- Glue

Here's how to make one

1

Wash and dry the jar.

2

Paint the outside of the jar whatever color you like. Wait for the paint to dry.

3

Glue the googly eyes in place.

4

Paint the rest of the robot's face and body.

5

Decorate your robot with stickers, pipe cleaners, pom-poms or glitter.

6

Optional: Ask a grown-up to spray your robot with a clear acrylic sealer. This will keep your robot safe if it gets splashed with water.

Where will your shiny new robot toothbrush holder live? Go to pages 20-21 for great ideas.

Shop with A ROBOT

Your robot has been programmed to help you shop for the best items for your teeth. Let's start shopping!

HERE'S WHAT YOU NEED

2 or more players

1 die

Game pieces from another game (1 per player) to mark your place

HERE'S HOW TO PLAY

Take turns rolling the die. Move that number of spaces forward. If you land in a shopping area, it will tell you how many more spaces to move forward or backward. The first one to the checkout wins!



START

Candy
Uh-oh! There's lots of sugar in this section and sugar causes cavities.

MOVE 4 SPACES BACK

Water
Your robot says you should always clean your mouth with water after eating. How did your robot get so smart?

MOVE 1 SPACE FORWARD

POTATO CHIPS

Starchy snacks
Crackers, chips and pretzels can be just as bad for your teeth as sweets. The starch turns into sticky sugars that cling on to your teeth.

MOVE 1 SPACE BACK

MOVE 2 SPACES FORWARD

Produce

Fresh fruits and veggies can be great for your teeth. Snacking on something crisp like apples, carrots or celery can even help clean your teeth!

MOVE
2
SPACES
FORWARD



YOGURT

Dairy

Milk, low-sugar yogurt and cheese taste great and are full of calcium to help keep your teeth strong.

MOVE
3
SPACES
FORWARD

Healthy hydration

Keep your mouth happy by quenching your thirst with water or milk. Water can help wash away food and bacteria. The calcium in milk helps keep your teeth and jawbone strong.

MOVE
2
SPACES
FORWARD



MOVE
2
SPACES
FORWARD

Eggs

Eggs are full of nutrients like vitamin A that are good for your mouth. They're as good as they're cracked up to be.

Nuts

Did you know the crunch of nuts helps clean your teeth as you chew?



ACTIVITY

MOVE
4
SPACES
FORWARD

Dental care

You brush your teeth twice a day and floss daily, so you go through a lot of toothbrushes, toothpaste and floss. Be sure to keep back-ups on hand!



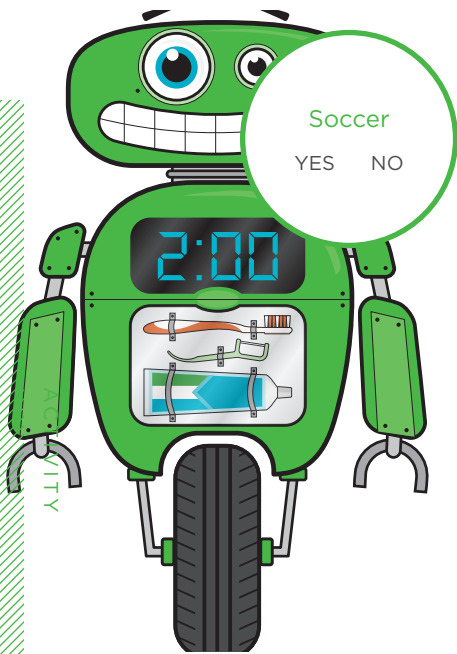
FINISH



Keep your guard up

Sports and activities are fun! They're even more fun when you avoid injuries. That's why you should wear a mouthguard. A mouthguard is a little plastic gadget that fits in your mouth and around your teeth to help protect your teeth, gums and lips.

Think mouthguards are just for football? Circle "YES" or "NO" if you think mouthguards should be used for these sports and activities:



Skateboarding

YES NO

Walking
the dog

YES NO

You don't need a mouthguard to watch a movie, play video games or walk the dog. **But the answer to all the other questions is "YES."** Keep your smile safe and wear your mouthguard whenever you play sports and do many other athletic activities. Talk to your dentist to learn more.

Make this mouthguard look awesome!

Decorate the mouthguard below to make it your own.

Need help
getting started?

Try some of these ideas to make a mouthguard that would look great on you:

- Your name
- Your team name or logo
- Your uniform number
- Your favorite color
- Fangs



Mouth-friendly recipe:

Frozen yogurt buttons

Here's a treat that's fun to make and tastes great. Yogurt is the only ingredient in this recipe. That's great news, because it's good for your teeth!



Here's what you need

- Any flavor of yogurt with a low amount of sugar (use more than one flavor to make a rainbow of colors)
- Zip-close bag
- Spoon
- Cookie sheet
- Cup
- Spatula
- Wax paper
- Scissors
- A grown-up to help

Here's how to make them

1

Line a cookie sheet with wax paper.

2

Fit a small zip-close plastic bag over a cup.

3

Spoon your yogurt into the plastic bag.

4

Have a grown-up snip the corner of the bag and squeeze small round drops of yogurt onto a cookie sheet.

5

Place in the freezer for about an hour.

6

Scrape off with a spatula.

7

After you try one or two, place the rest in an airtight container and store in the freezer.

If you want to mix things up, you can make other shapes, too. Try a heart, square, triangle, letter or number. Eat this instead of candy the next time you want a sweet treat! And remember to rinse your mouth by drinking water when you're done snacking.

Get to know your teeth

Cut out these trading cards so you can get to know more about your teeth wherever you go.



IKE
Incisor



CARRIE
Canine



PIPER
Premolar



MANNY
Molar

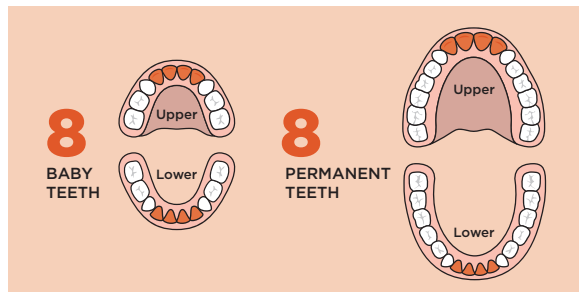


Your teeth make up an awesome team!

See how they work together to help you eat, smile and more.

DELTA DENTAL

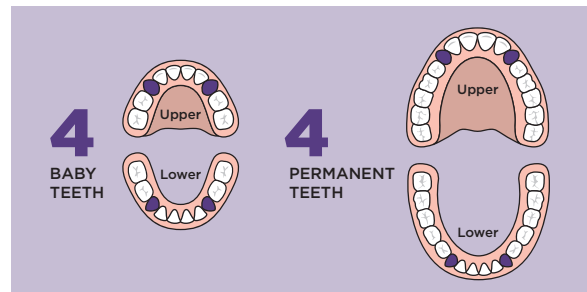
IKE Incisor



Incisors are in the front part of your smile. They're known for their sharp edges, which help you bite into food.

DELTA DENTAL

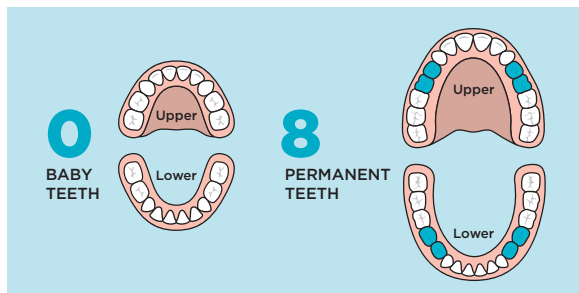
CARRIE Canine



Canines are also sometimes called cuspids. Lining up next to the incisors, they're sharp and pointy so they can really help you take the perfect bite of food.

DELTA DENTAL

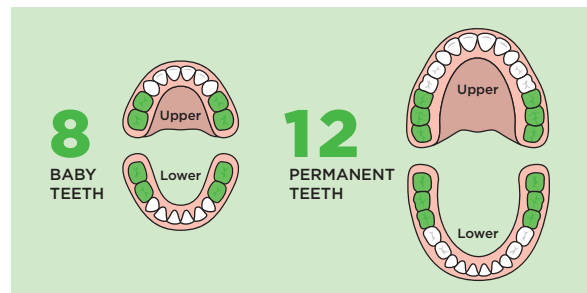
PIPER Premolar



Premolar is a nickname for bicuspid. These are bigger than canines and incisors, and they help grind food when you chew and move it to the back of your mouth. They are not part of your baby teeth team. They usually appear around age 10.

DELTA DENTAL

MANNY Molar



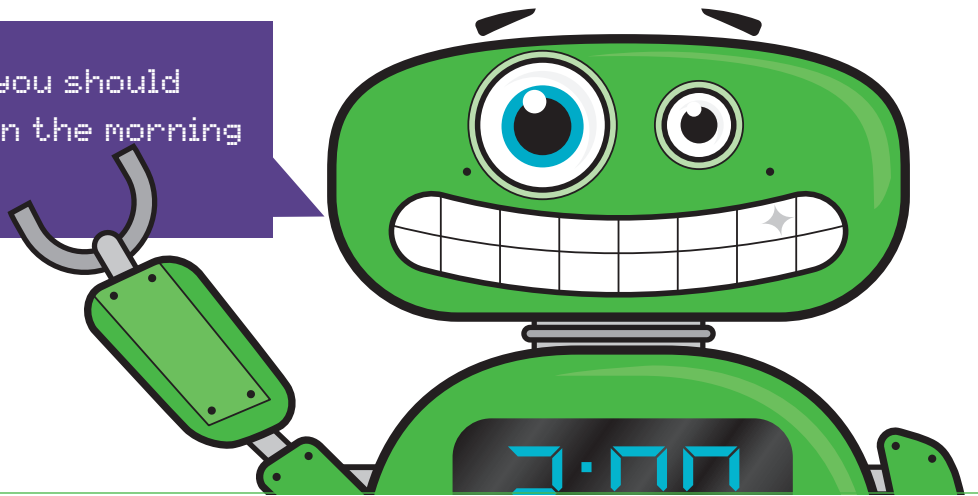
Big and strong, molars can be counted on to mash up your food to make it easier to swallow. The last teeth to join the team are 4 of your molars (your wisdom teeth). You probably won't see them until after you turn 17 years old!



Brush and floss with a robot

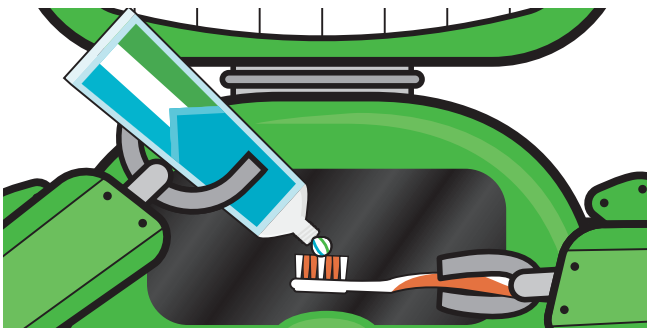
Make brushing more fun by pretending you are a robot. Read these directions in a robot voice while your family members brush. Or, take turns!

"I have calculated that you should brush your teeth once in the morning and once at night."



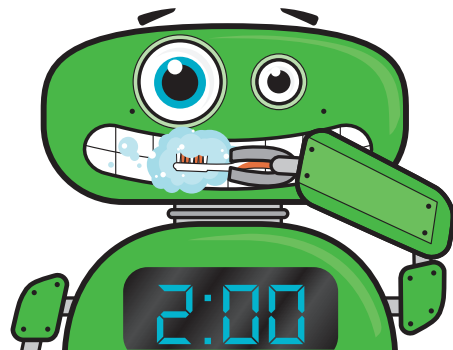
1

"Transfer fluoride toothpaste the size of a pea to your toothbrush."



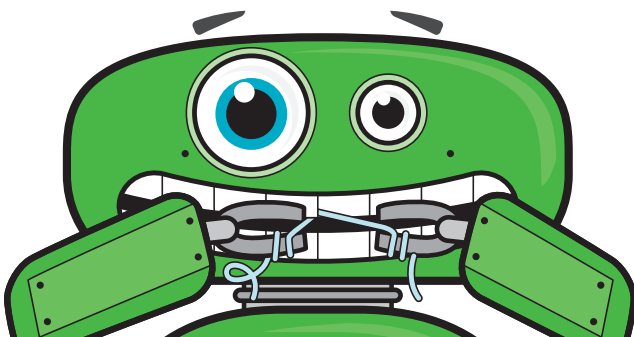
2

"Once brushing cycle begins, it should continue for 2 full minutes."



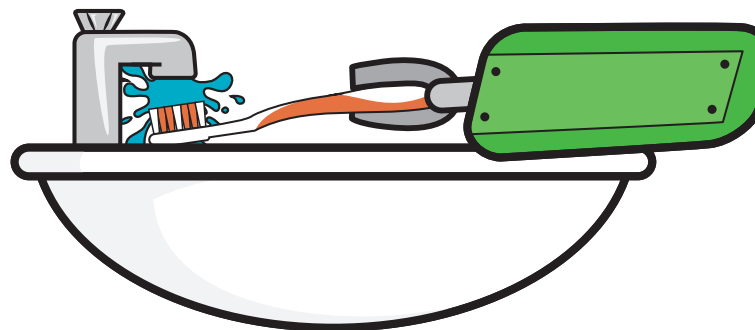
3

"Once daily, floss your teeth to remove particles."



4

"Now that teeth shine like a robot, rinse the toothbrush and put away until next brushing cycle."



Where should you keep your toothbrush?

Your toothbrush spends a lot of time in your mouth. If you brush twice a day for at least two minutes, that's at least four minutes (or 240 seconds) a day! So you'll want to keep it clean.

Did you know your toothbrush has about 2,500 bristles? That's a lot of bristles to keep clean!



Follow these tips to keep it clean when you are done brushing:

1

Wash your toothbrush carefully. Remove any bits of food or toothpaste.



2

Tap your toothbrush to shake the water off.



3

Place it upright in a cup or toothbrush holder. Check out page 11 for tips on making your own robot toothbrush holder! (If you use an electric toothbrush, just put it back on the dock.)



4

Make sure it's not touching anything, like another toothbrush.



5

Keep it away from the toilet so it doesn't get splashed on. Yuck!



Name your toothbrush

Have you named your toothbrush? After all, you see each other twice a day! So why not get friendly with your toothbrush?

Add to this list of names for your toothbrush. Be creative!

- Bristly
- Ms. or Mr. Brushington
- The Plaque Attacker
- Buddy
- Molar Sanitizing Apparatus
(Our robot came up with that one!)

Use this code to add another name to your list.

1

Find the word next to the month you were born.

BIRTH MONTH

January	Ms.
February	Mr.
March	Sir
April	Dr.
May	Coach
June	Professor
July	President
August	Captain
September	General
October	King
November	Queen
December	Your Highness

2

For the second part of the name, find the word that goes with the first letter of your first name.

FIRST LETTER OF YOUR FIRST NAME

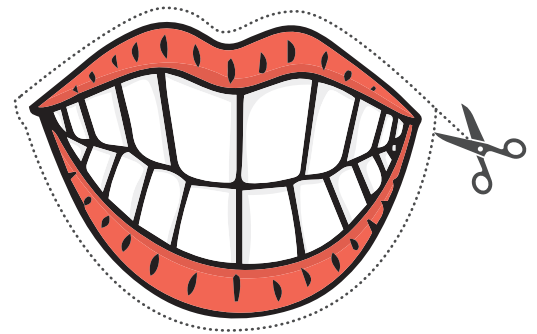
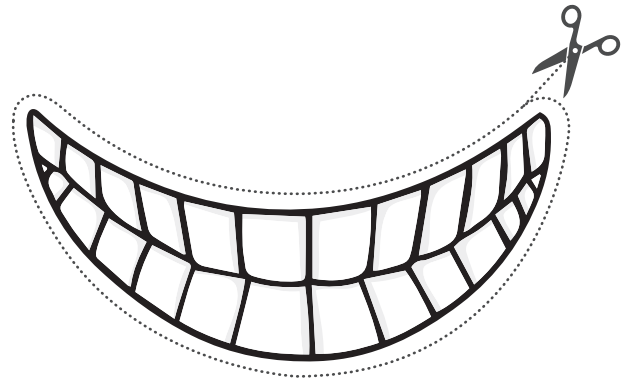
A Brushy	N Rinser
B Bristles	O Enamel
C Tooth Champion	P Minty
D Healthy	Q Smiley
E Tooth Polisher	R Canine Cleaner
F Shiny	S Fresh Breath
G Sparkly	T Toothpaste Pal
H Scrubber	U Toothy
I Superclean	V Cavities Be Gone
J Tooth Defender	W McBrusher
K Bacteria Buster	X Decay Conqueror
L Smile Pal	Y Molar Mop
M Bright	Z Robot Shiner

(Guess who suggested that one?)

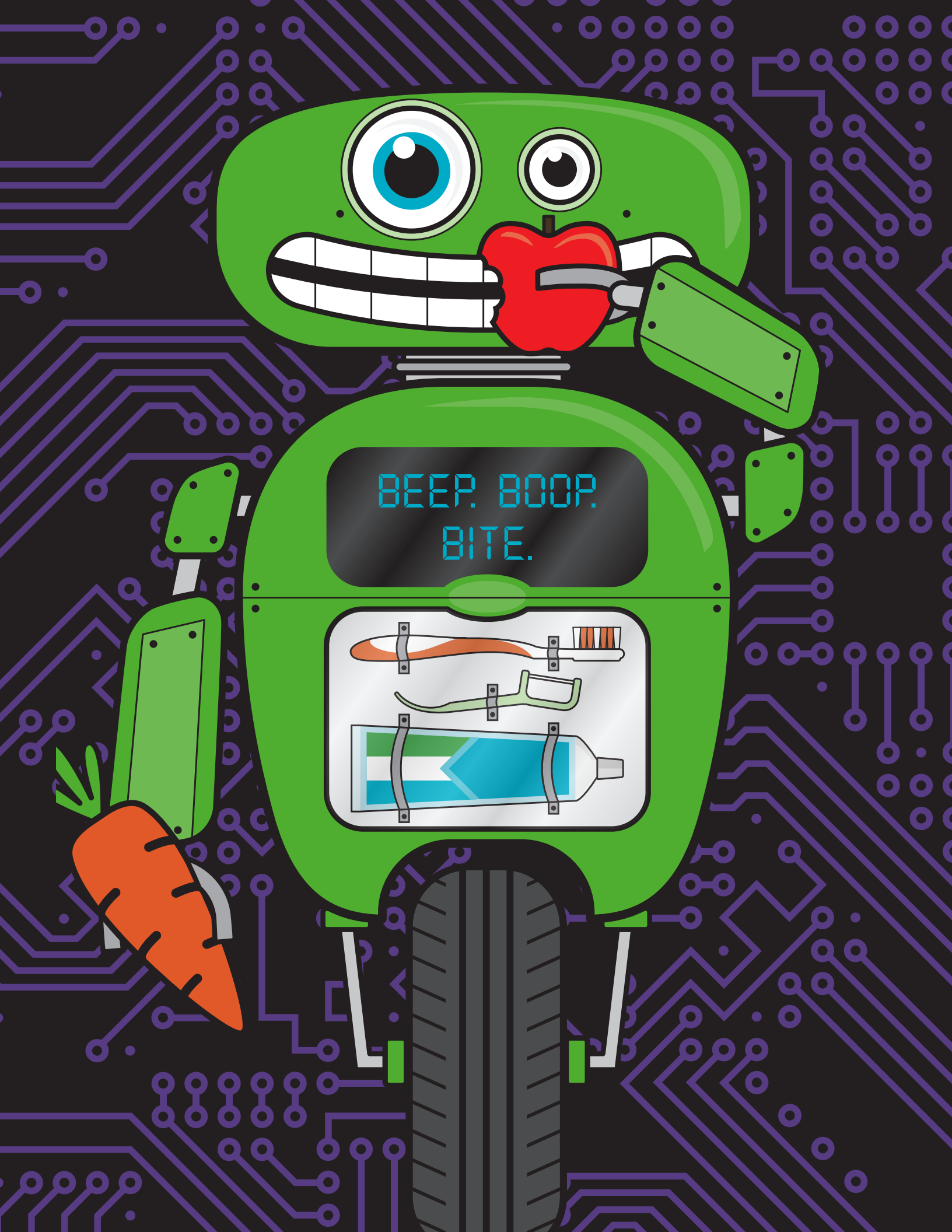
Don't get too attached to your toothbrush! After three months, it's time to say goodbye. Throw out old toothbrushes or toothbrush heads.

Silly smiles

These giant teeth look pretty goofy in these pictures. Now paste a new picture onto this page. It could be of anyone: you, your best friend or even your favorite pet! Then, cut out a pair of giant teeth and glue it onto the picture. Doesn't that look silly?



PASTE YOUR PICTURE HERE



BEEP. BOOP.
BITE.