

grin!

for **KIDS**





SKYLER
Singlehorn

FINLEY
Firebreather

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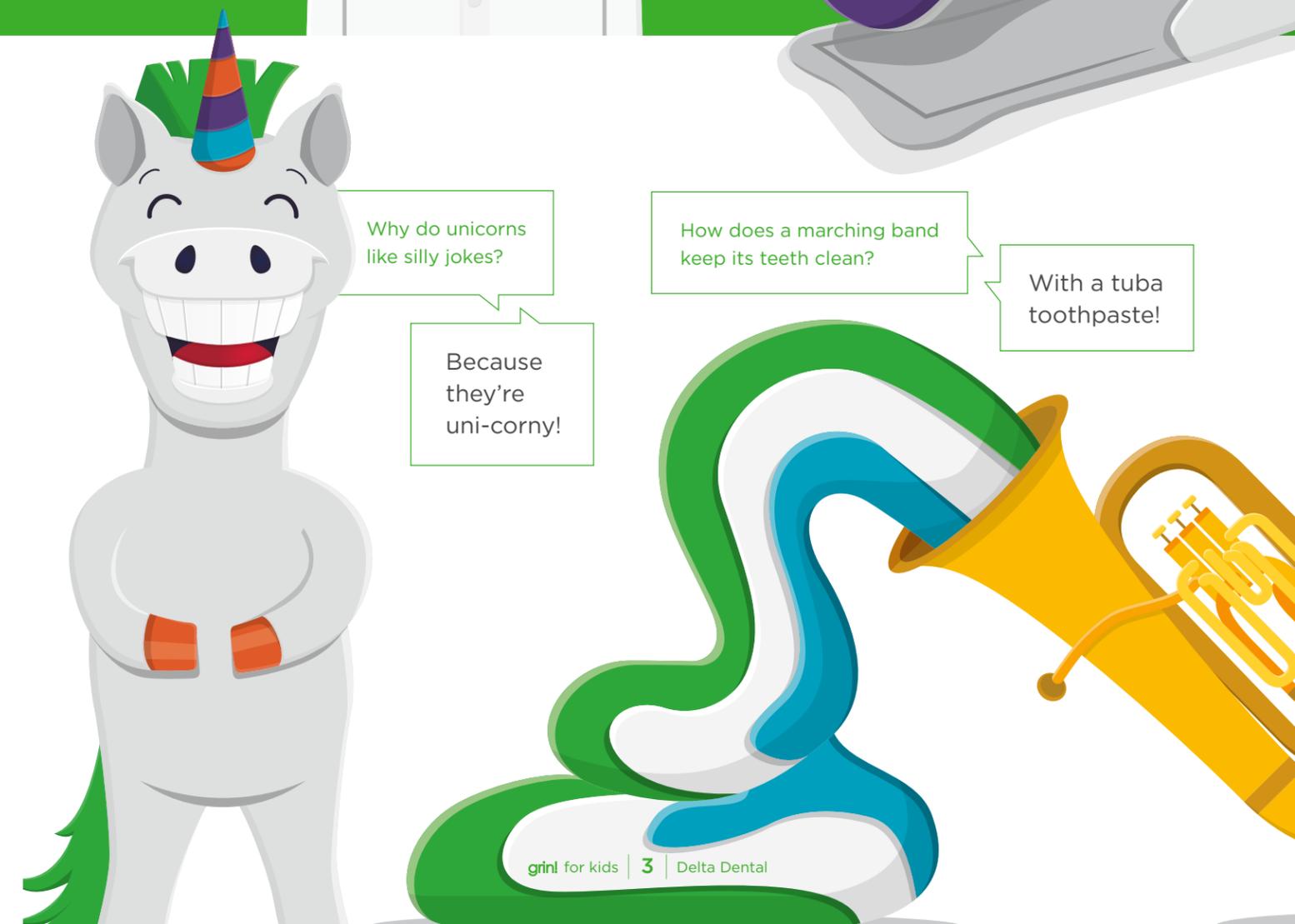
Chuckle corner

What rank did the dentist have in the army?

Drill sergeant.

Why did the doughnut go to the dentist?

It needed a filling!



Why do unicorns like silly jokes?

Because they're uni-corny!

How does a marching band keep its teeth clean?

With a tuba toothpaste!



That's the tooth!

Do you know any funny or fascinating facts about teeth? You will after you read this!



Tyrannosaurus rex had teeth as big as bananas. That's even bigger than a dragon's teeth!



Your first baby tooth probably came in when you were about 6 months old. But one boy in the United Kingdom was born with 12 teeth!



Narwhals are called unicorns of the sea because of their unique horns. The horn is also a tooth that can grow almost 9 feet long!

The White House has its own dental office! It sure is easy for the president of the United States to get his teeth checked.



Fluoride is magic!

Fluoride is so good for your teeth, this mineral's almost magical. Pretty rockin', huh? Let's see why.

What is fluoride?

Fluoride is a natural mineral that's found in most water and some foods.

Where does fluoride come from?

Fluoride comes from rocks. Yep, rocks!



Why is fluoride good for your teeth?

Fluoride fights cavity-causing acids and makes the hard outer part of your teeth strong. The hard part's called the enamel, by the way. Some people call fluoride nature's cavity fighter. Sure sounds like a superhero to me!

Where can you find fluoride?



Your **toothpaste** usually has fluoride added. So make sure to brush twice every day. Don't forget to spit out your toothpaste when you're done!



Remember how **some foods and water** have fluoride? There usually isn't enough natural fluoride in them to fight those mean ol' cavities. That's why your city might add more fluoride to the water that comes out of your faucets. Pretty smart idea!



Your **dentist** may even put a fluoride gel, foam or liquid on your teeth. Sometimes it's brushed on and other times the dentist applies it to a mouthguard that you bite for a few minutes. I think it tastes great, how 'bout you?

Test the water

Dragons get thirsty too, and nothing puts out a fire like a big splash of water. You need water to keep your teeth and body healthy. Try this fun quiz to see how much you know about water. Remember, there's only one true answer to each question. Bet you'll learn some interesting facts along the way! **Psst!** Wanna know how you did? **Check out the answers at the bottom of this page.**

Which of these will you find in water?

- (A) Cavity-causing acid
- (B) Tooth-strengthening fluoride
- (C) Bacteria that leaves plaque on your teeth

How much sugar is in a cup of water?

- (A) I sure don't taste any sugar in water.
- (B) I think there's a — a sprinkle?
- (C) There's quite a bit — at least a whole tablespoon.

Which one of these drinks is best for your teeth?

- (A) Pickle juice
- (B) Sports drinks
- (C) Water

What's one way water keeps your mouth healthy?

- (A) It washes away leftover food that gets stuck to your teeth.
- (B) It sticks in your teeth.
- (C) It contains glitter.

Water can make your mouth feel better when it's dry. Why do you need to fight dry mouth?

- (A) Dry mouth makes your breath smell good.
- (B) Dry mouth leaves dust in your mouth.
- (C) Dry mouth can cause cavities.

What's another name for water?

- (A) H₂O
- (B) Ground juice
- (C) Splish splash



Answers: B, A, C, A, C, A, A

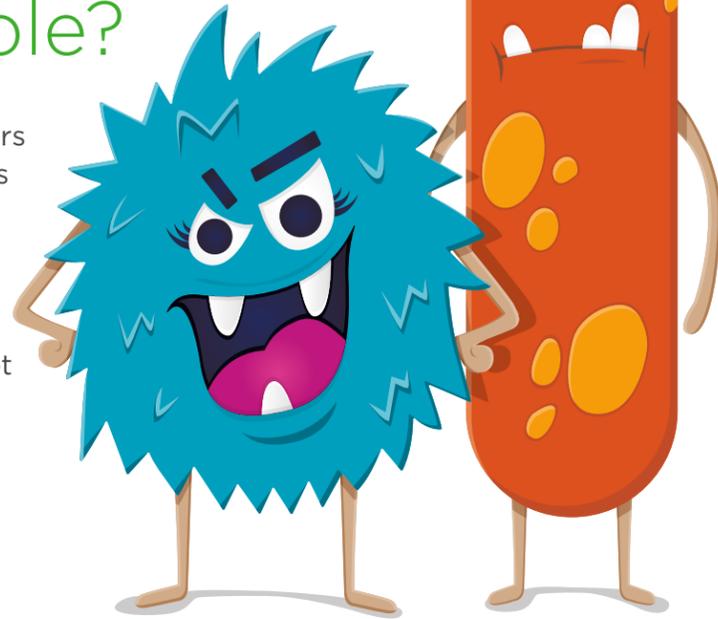


Experiment:

Wanna see something invisible?

Tiny bacteria in your mouth sure like the sugars you eat and drink. They even use those sugars to cause cavities. But you can fight back! The best way to knock 'em off is to brush twice a day with fluoride toothpaste for two whole minutes, then catch any hidiers by flossing between all your teeth. Then tag team and get your dentist to help with a cleaning!

Harmful bacteria are so small, you can't see them without help. So how do you know they are there? Try this experiment to see something else that's hiding.



Here's what you need

- Lemon juice
- Water
- Bowl
- Spoon
- Sheet of white paper
- Old toothbrush
- Lamp or flashlight
- A grown-up to help



When your old toothbrush is too worn to clean your teeth, you can use it to paint or clean your shoes and computer keyboard.

Here's how to do the experiment

- 1 Use a spoon to mix some lemon juice and a few drops of water.
- 2 Dip the toothbrush in the lemony water, then use it to paint something on the paper.
- 3 Wait for the paper to dry. Where did your picture go? It's invisible!
- 4 Hold the paper close to the light. It's magic — your picture's back!

Just because you can't see it, doesn't mean it's not there. Keep fighting those tiny terrors!

Track your lost teeth

Lost any teeth yet? When you lose a tooth, color it on your Tooth Tracker. Then write down details like your age and where you lost the tooth.

Lost tooth details:

Upper

Lost tooth details:

Lower

Lost tooth details:



Outta the way!
Your baby teeth fall out because your adult teeth push them out.



Oh, baby!
That's a lot of teeth. You have **20 baby teeth**, but you will have **32 adult teeth!**

En garde!

Mouthguards are like shields that help protect you from chipping or losing a tooth, and they also stop you from injuring your lips or cutting your mouth. Play it safe like Finley Firebreather and Skyler Singlehorn. **Wear a mouth guard for sports like football and soccer — or even when you're roller skating and skateboarding!**

Color in
Finley and
Skyler!



ARTS & CRAFTS

Craft corner:

make your own fire-breather

Wish you could breathe fire? Follow our directions to make your own dragon like (like Finley Firebreather) and let your imagination go wild. Then keep your new friend around as a reminder to brush twice a day and floss daily so you don't get dragon breath. Pee yeww!



Here's what you need

- 1 paper towel or toilet paper roll (either will work!)
- Construction paper
- Scissors
- Glue stick
- Markers
- Tissue paper
- A grown-up to help

Here's how to make it

- 1 Cut a piece of construction paper to cover the paper roll.
- 2 Glue the construction paper to the roll.
- 3 Every dragon needs eyes. Draw dragon eyes on one end of the paper roll.
- 4 Dragons need noses, too. Make dragon nostrils on the other end of the roll.
- 5 Cut tissue paper into long, pointy 10-inch strips. This is your fire!
- 6 Use the glue stick to glue your fire inside the dragon's mouth, near the nostrils.
- 7 Put your mouth on the open end of the paper roll and blow as hard as you can. Now you can breathe fire! Roar!

Feel free to add your own creative touches. Make your dragon one-of-a-kind with pompoms, googly eyes or anything else you can imagine. Dragons even love glitter, as long as it's fire-colored.

ARTS & CRAFTS

grin! for **KIDS** ★
 The World of
 Imagination

Join your friends Skyler Singlehorn and Finley Firebreather on a journey through the World of Imagination. What you learn here will keep you healthy in the real world. It's fun to play, so let's get started!

Here's what you need:

- 2 or more players
- 1 die
- Game pieces from another game or coins to mark your place (1 per player)

Here's how to play:

Roll the die to see who goes first. Take turns rolling the die. Move that number of spaces forward. Follow the instructions when you land on a special space. Green spaces help you skip ahead and orange spaces send you back. The first player to reach the rainbow in the wins!

Start

LEVEL 2
Wonder Water Way
 Use water to rinse food chunks away! You'll help prevent cavities and earn the right to move ahead to Level 4.

LEVEL 3
Vaping Valley
 Uh-oh, I smell tobacco. Leave this foggy place and go back to Start.

LEVEL 1
Forgot to Floss Crevasse!
 Yikes! You didn't remember to floss today. Skip your next turn.

LEVEL 6
Sealant City
 Sealants help keep cavities away. Yippee! Take an extra turn and roll the die!

LEVEL 7
Fluoride Falls
 Don't worry, you won't get cavities here. Move to the space with a water glass.

LEVEL 4
Fruits and Veggies Farm
 Grab a healthy snack and move forward 4 spaces.

LEVEL 5
Cavity Canyon
 Oops! There's a hole big enough for you to fall through. Go back 5 spaces.

LEVEL 8
Bacteria Bog
 Oh, no! Looks like bacteria is building cavities! Go back to Level 5.

Finish
Congratulations!
 You made it through the World of Imagination!

ACTIVITY

ACTIVITY



Yoga pose:

Would you rather be a cat, cow or dragon?

Trick question — dragon of course! Dragons have been around for thousands of years. So has yoga. It's Finley's favorite way to relax and exercise. Yoga also helps you sit up straight, which makes you look taller.

Try Finley's favorite pose. Some people call it a cat-cow pose, but Finley calls it a dragon pose. Place a yoga mat, towel or blanket on the floor. Wear comfortable clothes and skip the shoes and socks. Time to have some fun!

Cat-cow pose (also known as dragon pose!)

ACTIVITY

1

Place your hands and knees on the floor and pretend you are a cat (or dragon).



2

Slowly breathe in.



3

Slowly breathe out, round your back toward the ceiling and bring your chin to your chest. You'll look like a cat stretching its back.



4

Meow like a cat or breathe fire like a dragon for 10 seconds.



5

Now it's time to pretend you're a cow (or still a dragon). Slowly breathe in again.



6

Slowly breathe out and lift your chin and chest toward the ceiling.



7

Lower your stomach and lift your "tail."



8

Moo like a cow or breathe fire like a dragon for 10 more seconds.



Finley was right. This is fun! Can you do this four more times?

What's in Finley's goodie bag?

Every time Finley Firebreather visits the dentist Finley gets a toothbrush. But this time, Finley got a whole bag of awesome goodies to show you. Let's check it out!

Big Bristly Plaque Attacker

Did you know you should get a new toothbrush every three months? Finley will start using this one because a newer toothbrush removes more of that icky plaque that causes cavities. Maybe Finley can use the old toothbrush for the experiment on page 8.

Cavity Super Stopper

No one wants to get a cavity! Finley brushes twice a day with this fluoride toothpaste to keep his smile shiny. It doesn't even take much. Just a pea-sized plop will do.

Fantastic Food Remover

It takes a lot of food to fill up a dragon. And a whole lot more gets stuck in Finley's teeth. That's why Finley makes sure to floss once every day.

Scorching Sun Shield

The fire Finley breathes is no bother. But the sun sure hurts Finley's lips. This lip balm with sunscreen protects Finley outside (even on cloudy days!).

Terrific Treasure Prize

Finley got to pick a prize from the treasure chest and chose this one to give to Skyler Singlehorn. That'll make Skyler smile!



ARTICLE

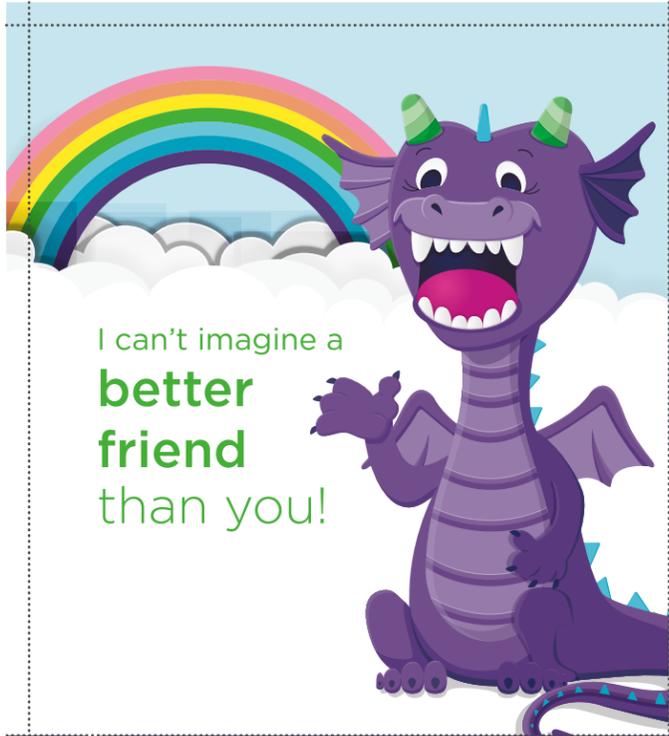
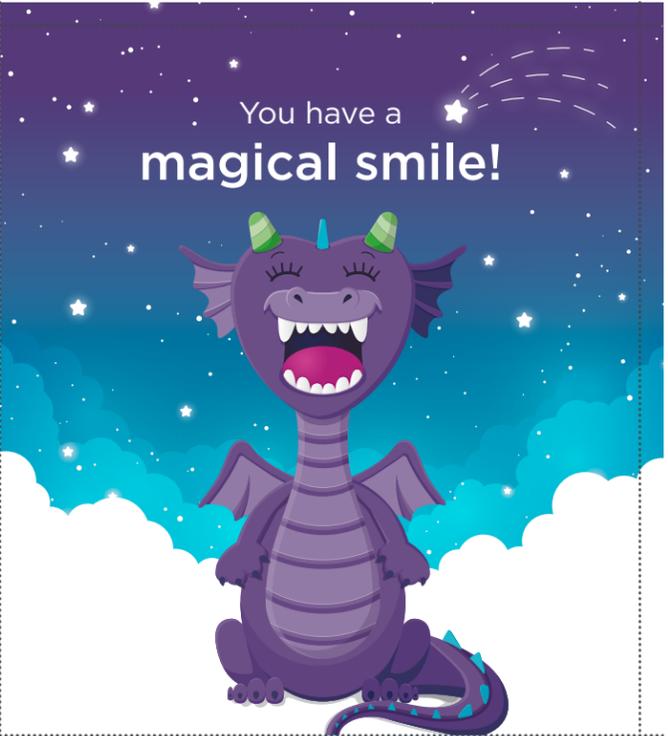
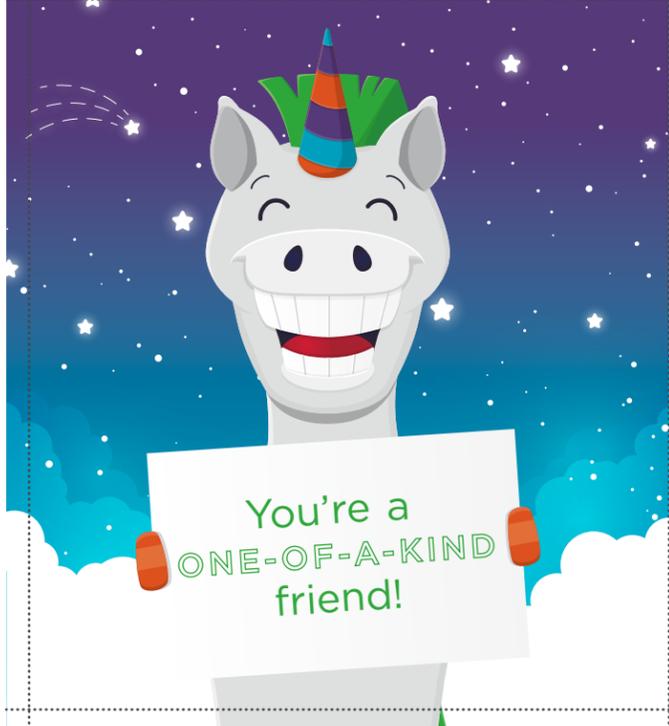
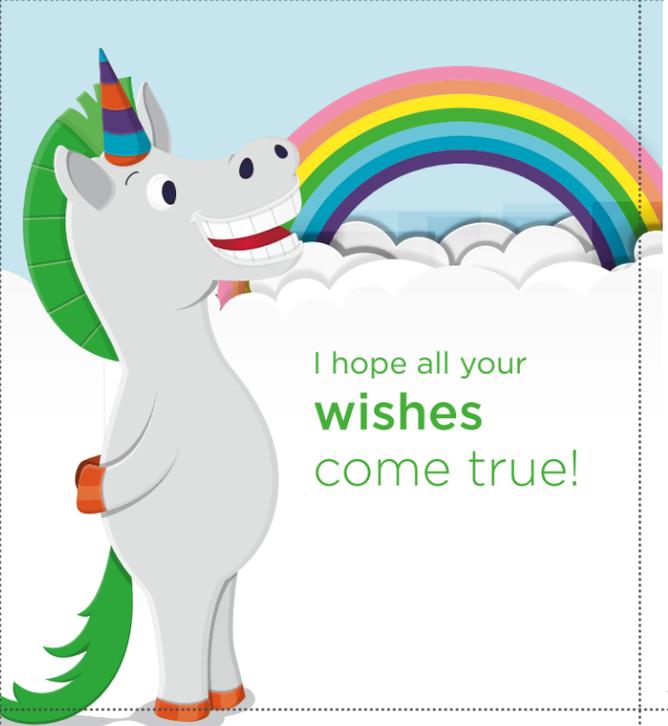
What's it like being a dentist or dental hygienist?

When you visit the dentist's office, your dentist and dental hygienist work as a team to protect your teeth. Would you like to help kids (and adults) fight cavities when you grow up? **Answer these questions to help you decide.**

 <p>Do you want to be a dental hygienist?</p>	 <p>Do you want to be a dentist?</p>
<p>Do you like to meet new people?</p> <p>The dental hygienist is one of the first people you'll see at the dentist's office.</p>	<p>Do you really like school?</p> <p>A dentist studies for about eight years or more to learn all about caring for your mouth.</p>
<p>Do you like keeping things shiny and clean?</p> <p>A hygienist removes plaque and tartar buildup from your teeth.</p>	<p>Do you like to solve problems?</p> <p>The dentist reads your x-rays and looks at your mouth to decide if anything needs to be fixed.</p> 
<p>Do you like to use cool tools?</p>  <p>Hygienists work with all sorts of dental tools, like x-rays that help spot cavities.</p>	<p>Do you like to make decisions?</p> <p>If there's a problem, the dentist decides the best way to fix it.</p>
<p>Do you like to search and find things?</p> <p>Your dental hygienist will look at your mouth for signs of dental problems and share the results with your dentist. Hygienists are like plaque detectives!</p>	<p>Have you ever won at the game Operation?</p> <p>You've got some nimble fingers! Dentists perform a lot of skilled work with their hands, like filling cavities and pulling teeth.</p>
<p>Do you like teaching?</p> <p>Your hygienist will show you the right way to brush and floss your teeth.</p>	<p>Are you a good talker?</p> <p>Your dentist helps you feel relaxed and explains what needs to be done to your teeth. The dentist will also answer any questions you ask.</p>
<p>Did you answer "Yes" to most of these questions? You did?! Maybe you'll grow up to work in a dentist's office!</p>	

Give these Smile Power cards

You have your own magical powers: You can make your friends smile! Cut out and share these Smile Power cards with your friends, then watch their faces light up.

 <p>I can't imagine a better friend than you!</p>	 <p>You have a magical smile!</p>
 <p>You're a ONE-OF-A-KIND friend!</p>	 <p>I hope all your wishes come true!</p>



Show your friends how much you care by giving them a smile.

Don't forget to sign the card before you give it away to someone.

Sealants Mad Libs



Your toothbrush, toothpaste and floss aren't the only tools that stop cavities.

Sealants give you armor against those nasty cavities. Before you learn more about sealants, let's get silly! Fill in the blanks below with the funniest answers you can think of. Then check the real answers at the bottom of the page. Once you know more about sealants, you'll show those cavities who's the boss.

Examples:

- **NOUNS:** People, places or things like "toothbrush"
- **VERBS:** Actions like "eat" or "chomp"



To _____
From _____

Smiling makes everyone happier.
We all wish for that!



To _____
From _____

You also have a one-of-a-kind smile!



To _____
From _____

I can't imagine anyone who makes me smile more!



To _____
From _____

When you smile, your friends smile back at you.
It's like magic!



Your toothbrush and _____ (NOUN) may not be able to _____ (VERB) all the grooves in your teeth. That means you could get _____ (PLURAL NOUN) there. Sealants keep _____ (NOUN) out of those grooves to stop _____ (PLURAL NOUN) and plaque from _____ (VERB ENDING IN 'ING') cavities. A sealant is a thin, invisible, plastic _____ (NOUN) that is put on the chomping surface of your back teeth, called _____ (PLURAL NOUN).

_____ (PLURAL NOUN) usually get sealants between ages 5 and 7 and 11 and _____ (NUMBER) when your permanent back _____ (PLURAL NOUN) come in.

The dentist will _____ (VERB) the sealant onto your tooth. But not with a _____ (NOUN) of paint! Afterwards, your dentist will make the sealant hard by using a special _____ (COLOR) light. That will lower your chance of getting a cavity in your molar by almost _____ (NUMBER) %!¹

The real answers:

floss, reach, cavities, food, bacteria, causing, coating, molars, kids, 14, teeth, paint, bucket, blue, 80

¹American Dental Association



Mouth-friendly recipe:

Skyler Singlehorn's favorite smoothie

Let's make a smoothie with Skyler's favorite colors! Every smoothie has a little bit of magic, and smoothies do wonders for your mouth. That's because smoothies are full of healthy fruits and packed with calcium. And they taste even better than they look!



Here's what you need

- 1 cup low-sugar strawberry Greek yogurt
- 1 banana
- 1 cup frozen mixed berries
- Blue, green, yellow and red food coloring
- A grown-up to help

Here's how to make it

- 1 Have an adult blend the yogurt, banana and frozen berries in blender until smooth.
- 2 Pour part of the purple smoothie mixture into a glass for the first layer. Don't color this one!
- 3 Pour the rest of of the remaining purple smoothie into three dishes.
- 4 Put food coloring in each dish until you get the colors you want. Try blue for the blue layer. Green for the green layer. Yellow and red for the orange layer.
- 5 Pour the blue, green and orange smoothies on top of the purple smoothie, one layer at a time.
- 6 Guzzle that colorful creation!

A rainbow of foods will make you smile

Skyler eats a rainbow of fruits, veggies and good foods to stay healthy. And colorful foods make eating fun! **Make a rainbow** using tastiest, healthiest foods. Just cut out or draw some of your favorite foods on the plate below.



See Skyler's ideas to get started! Together, these foods help strengthen your teeth and gums, prevent cavities and even clean your teeth. Isn't that awesome?!



Sing the brushing and flossing song

Skyler wrote a tune to help you remember to brush and floss. Finley Firebreather loves the last line. Sing along with them.



Brushing's fun when I rhyme
'Cuz I sing this song every time

Brush twice a day, the dentist said
Once in the morning and once before bed

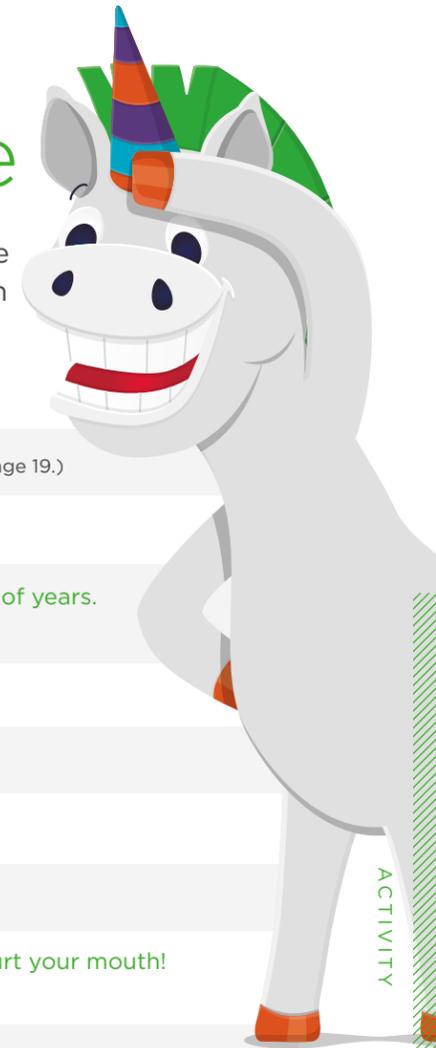
I always use fluoride toothpaste
I take my time, it's not a race

I make sure I floss every day
So my healthy teeth stay that way

I'd imagine dragons do the same
When their toothbrush doesn't melt from flame

Search and smile

Answer these questions about your smile. Then find the word and circle it below. Psst! Need a clue? You'll find the answers to these questions in this *Grin! for Kids* (And at the bottom of the page).



Smoking can make your teeth turn _____ . (Hint: See page 4.)

A dentist paints a sealant on your _____ to seal cavities out. (Hint: See page 19.)

Most people have 20 _____ teeth. (Hint: See page 9.)

Yoga is a relaxation _____ that's been around for thousands of years. (Hint: See page 14.)

You have the power to make your friends _____ . (Hint: See page 17.)

Fluoride comes from _____ . (Hint: See page 6.)

_____ your teeth once every day. (Hint: See page 8.)

Brush your teeth for _____ minutes each time. (Hint: See page 8.)

Wear a _____ for sports and activities that might hurt your mouth! (Hint: See page 10.)

_____ washes food from your teeth. (Hint: See page 7.)

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

Answers: yellow, tooth, baby, exercise, smile, rocks, floss, two, mouth guard, water

Imagine a
healthier smile!

