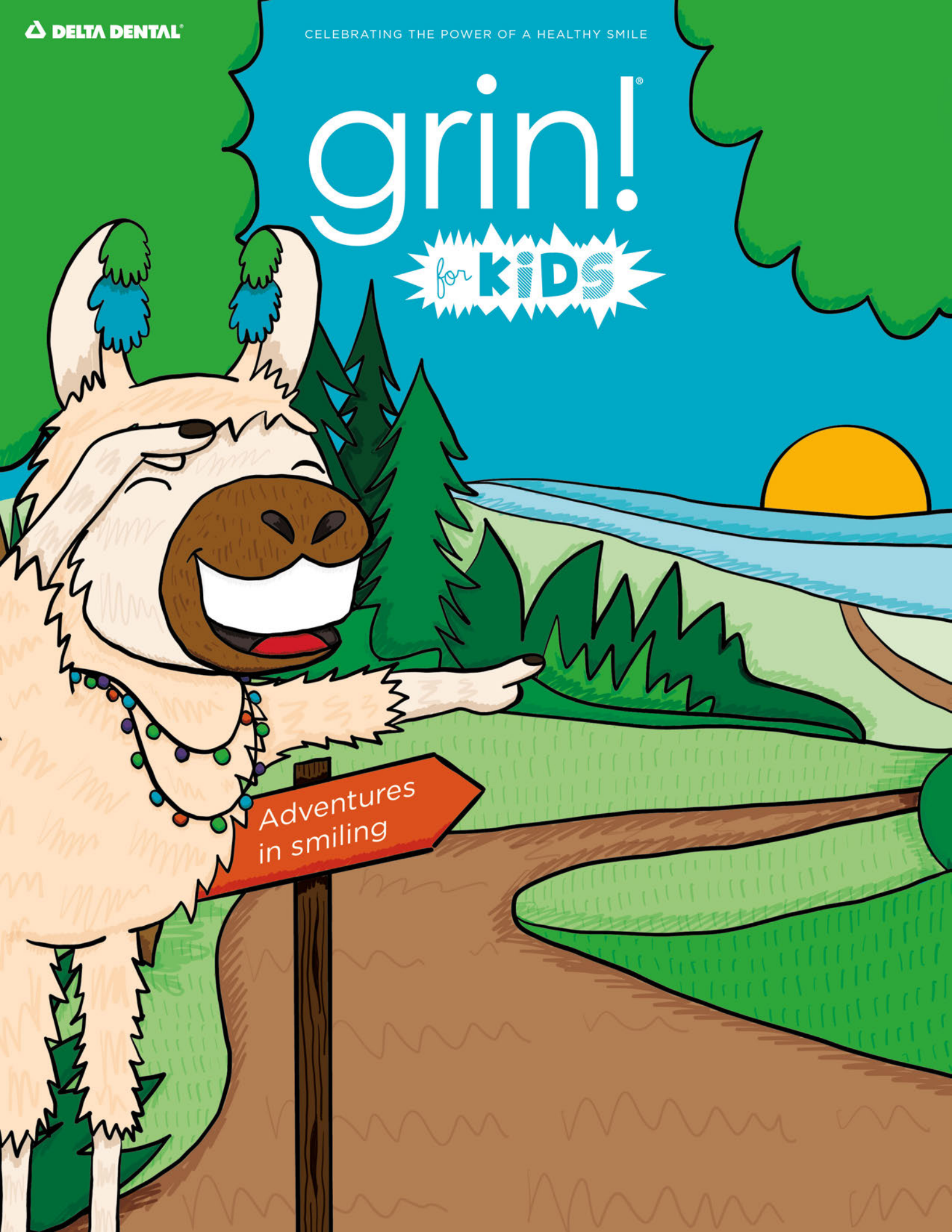


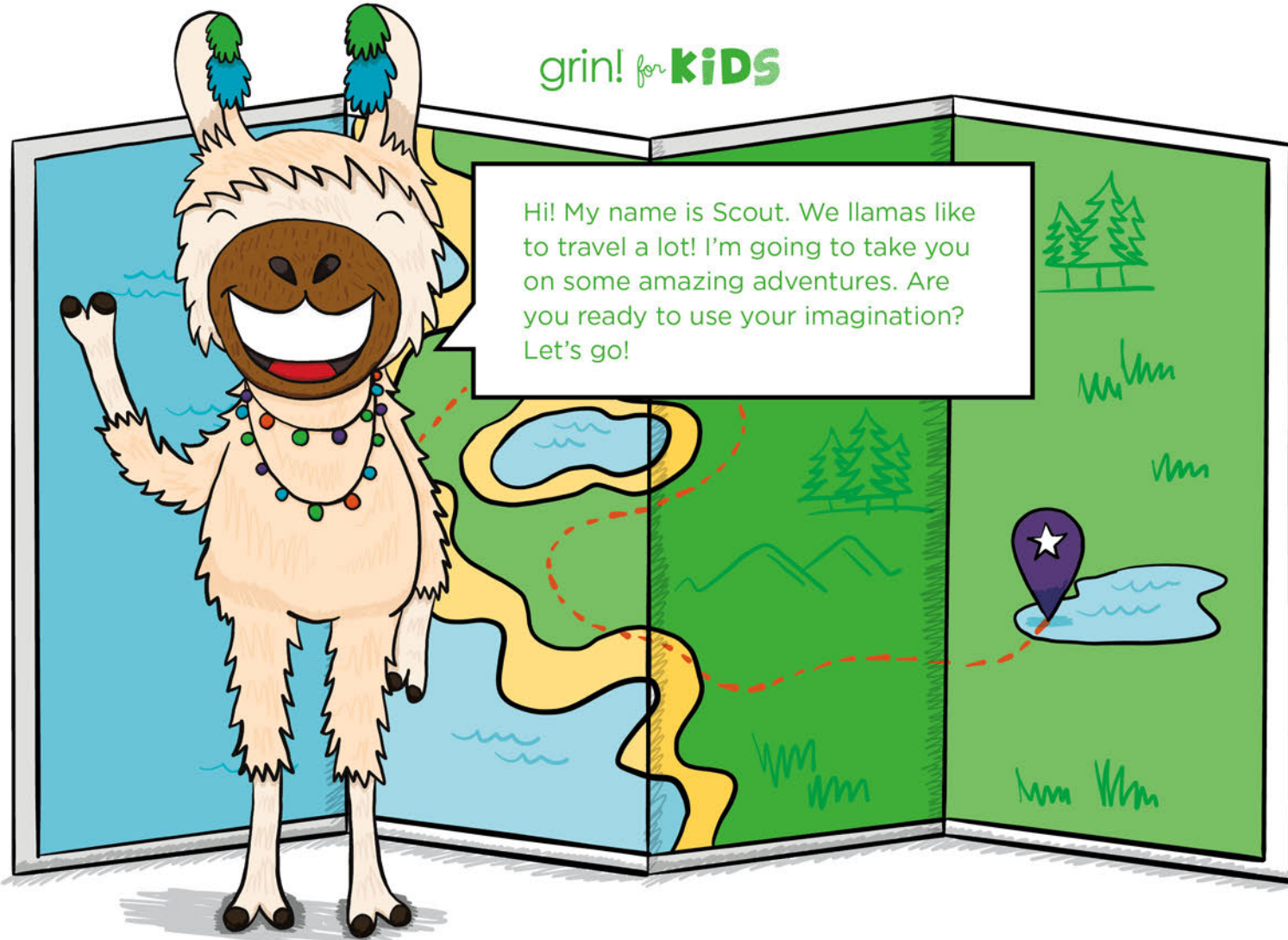
# grin!

for **KIDS**



Adventures  
in smiling





ARTICLES

**20** Keep in touch

Scout has made many friends while traveling. See their fun adventures!

- 7 Healthy smile, healthy planet
- 10 Where's the sugar?
- 11 Water, water everywhere
- 17 Make the whole world smile

ACTIVITIES

**18** What do you know about germs?

Want to learn all about germs? Put your thinking cap on and take this brain-teasing test.

- 4 Signs of healthy teeth
- 6 Learn llama language
- 8 Guard your mouth
- 12 Caption this!
- 16 Songs for smiling
- 21 What's your adventurer name?
- 22 Scout's scrambled stamps

ARTS & CRAFTS

**14** Craft corner: Make a llama bag

It's easy to craft your very own llama bag to match your style. Then take it everywhere.

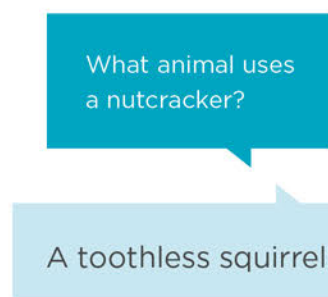
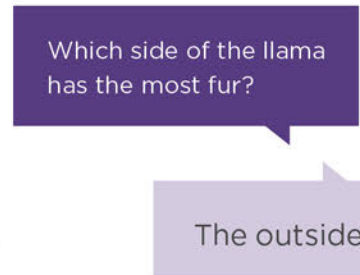
- 5 Track your lost teeth
- 9 Bring a mouthguard along for the ride
- 15 Mouth-friendly recipe: Scout's trail mix

BONUS PAGE

Share your adventures

- 19 Experiment: Milk is magical

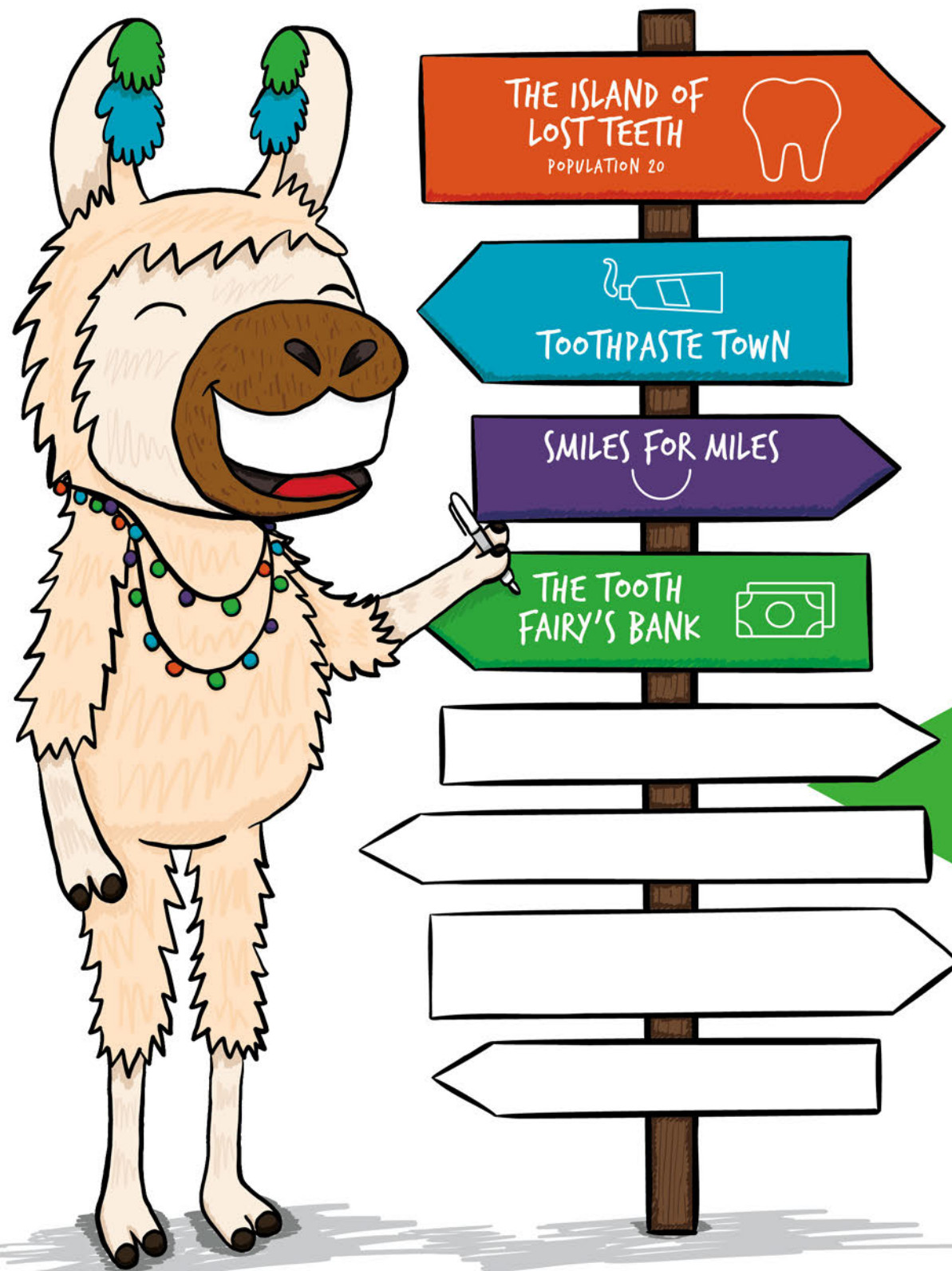
# Laugh with the llama





# Signs of healthy teeth

Let's start your adventures! Scout made up these silly names of imaginary places you could visit. They'll really make you smile.



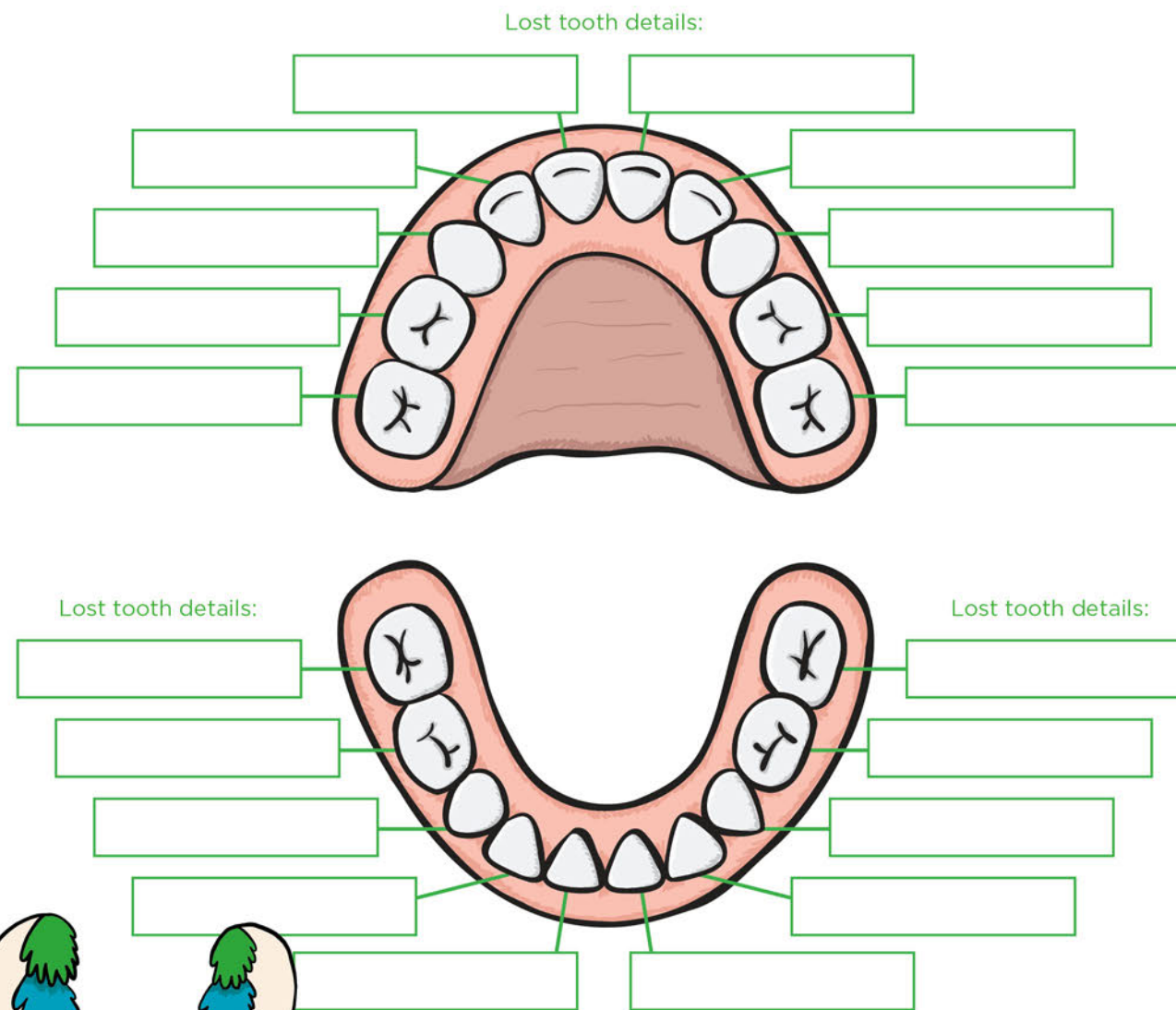
Use your imagination to think up funny teeth-themed places to put on these blank road signs.

ACTIVITY



# Track your lost teeth

When you lose a tooth, color it on your Tooth Tracker. Mark down details like your age and where you were when you lost the tooth.



Lost tooth details:

Lost tooth details:



Why do baby teeth (even mine!) fall out?

You lose your baby teeth to make room for your adult teeth. Plus, it gives me a job!



ARTS & CRAFTS



# Learn Llama language

Sometimes when you travel, it's helpful to learn a new language. Llamas hum to talk with each other! Learn their secret language by decoding this special message.



ACTIVITY

Did you know your teeth help you say words correctly? That's why it can be hard to say some words when you lose teeth.

	_____						
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____			
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____					
_____	_____	_____	_____	_____	_____	_____	_____

## Llama language key

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

Answer: A healthy smile can take you anywhere.

# Healthy smile, healthy planet

If we all do our part to keep the planet healthy, we can enjoy a lifetime of awesome adventures! Here's how you can take care of the Earth while taking care of your smile.

ARTICLE

Save water

BRUSH  
**2 times**  
A DAY FOR  
**2 minutes**  
EACH TIME.

Turn off the water while you brush to  
SAVE UP TO  
**8 gallons**  
OF WATER EVERY DAY!

Save energy

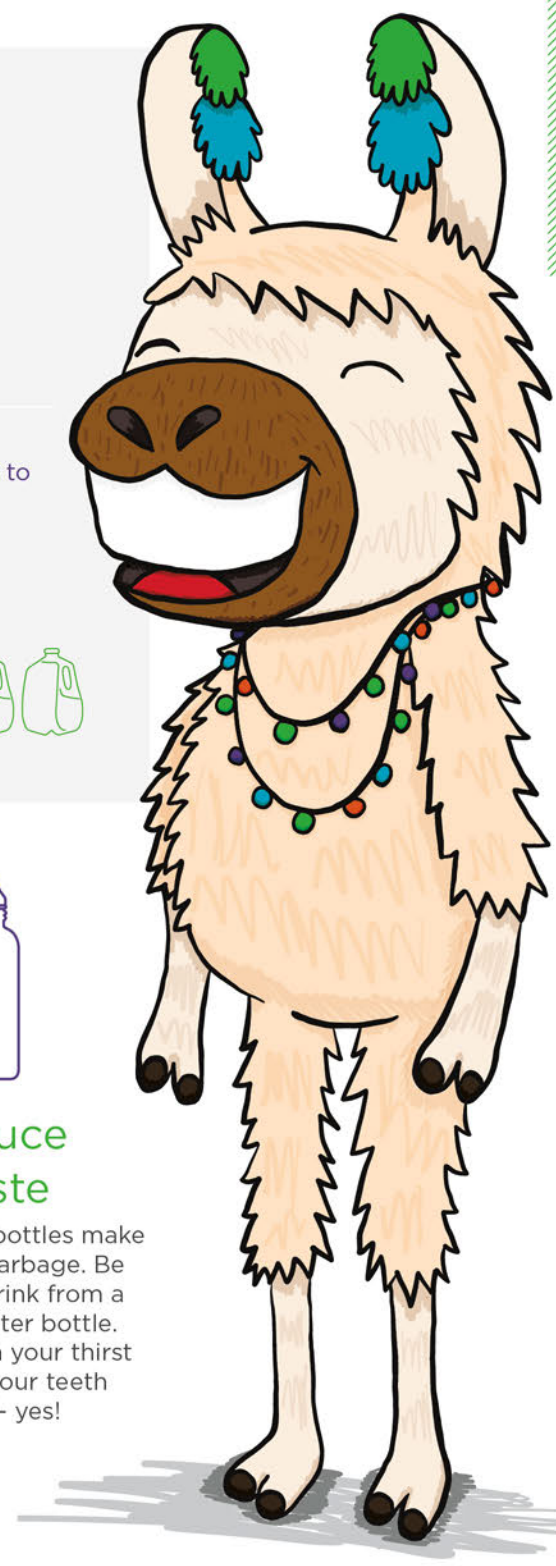
Does your bathroom have a window? Instead of turning on the lights, use the power of the sun when you brush and while it's still light out.

Recycle your old toothbrush

You should change your toothbrush every 3 or 4 months. Instead of throwing it away, give it a second life by using it as a paintbrush!

Reduce waste

Plastic water bottles make up a lot of garbage. Be smart and drink from a reusable water bottle. You'll quench your thirst and keep your teeth clean — yes!





# Guard your mouth

Did you know llamas guard and protect their animal friends? Scout wants to help keep smiles safe, too. When packing for an adventure, remember these tips.

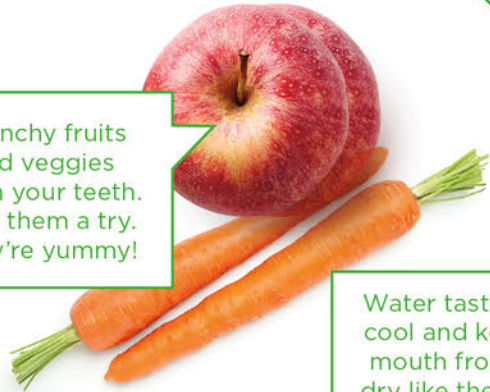
Circle items that you should take with you to protect your mouth. Put an "X" through ones you shouldn't pack.



Have you heard of carbs? Chips are full of them and they put sugar on your teeth. Uh oh! That could cause cavities.



Sports are even more fun when your mouthguard keeps your smile safe. I'm wearing mine now — let's play!



Crunchy fruits and veggies clean your teeth. Give them a try. They're yummy!

Water tastes mighty cool and keeps your mouth from feeling dry like the desert. It helps fight cavities, too. Thanks, water!



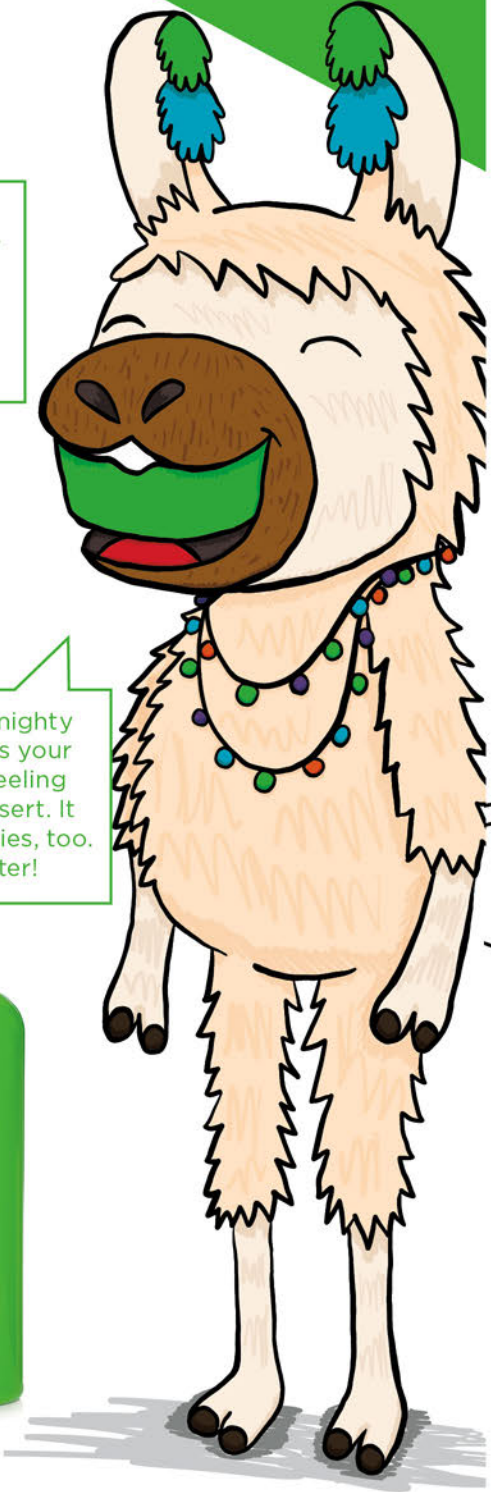
Even adventurers need to brush at least twice a day! Brushing helps stop you from getting cavities and it makes your smile look good, too!



Don't burn your lips — ouch! Wear lip balm with SPF 30 to protect yourself outdoors, even when the sun is hiding behind clouds.



Chewy candy like gummy bears and taffy sure does stick to your teeth. That gives sugar lots of time to make cavities — yikes!



# Bring a mouthguard along for the ride

Let's pretend we're riding to South America. (That's where llamas live, you know.) You wear a helmet when you ride your skateboard or bike — you should protect your smile, too! Make it a habit and wear a mouthguard for sports and activities.

Color Scout skateboarding!



ACTIVITY

ARTS & CRAFTS

Answers: Circle: apple and carrots, X: chewy candy, potato chips



# Where's the sugar?

Surprise! What you eat and drink may have more sugar than you think. Let's discover some cavity-causing foods and drinks.



### Breakfast bars

Breakfast bars can contain some healthy ingredients like nuts, fruits and oats. But some also have as much sugar as a candy bar! Whoa — that's a whole lot!



### Dried fruit

If it's fruit, it has to be good for your teeth. Right? Wrong. Some dried fruit can be full of added sugar and it really sticks to your teeth. That makes it a double danger for your smile.



### Chocolate milk

Milk is full of the calcium you need for strong teeth and bones. But chocolate milk is also full of something you don't need — added sugar.



### Crackers

Crackers aren't sweet but can still cause cavities. They are full of carbs, which are bad for your teeth. That's pretty sneaky!

Try these tasty treats that are good for your teeth



Fruits and vegetables



Nuts and seeds



Cheese, plain milk and low-sugar yogurts

Enjoy another treat that's good for your smile. Make Scout's trail mix on page 15.

# Water, water everywhere

Llamas don't drink as much water as some animals their size. You're a lot smaller than a llama, but you need plenty of water to stay healthy. Water is great for quenching your thirst when you're on an adventure. Did you know water is also great for your teeth?



Water protects your smile by washing away leftover food that's stuck to your teeth.

That's mighty good news! Cleaner teeth are healthier teeth!



Water comes to the rescue when you are thirsty.

You get thirsty when your mouth is dry. If it gets dry too often, you might get cavities.



Water has no cavity-causing sugar.

You can drink as much water as you like without worrying about it harming your smile!



Some water from the faucet has a mineral called fluoride.

Fluoride makes teeth stronger and helps you fight cavities. Hooray for fluoride!

Water makes up **60%** OF YOUR BODY!<sup>1</sup>

You should drink **5-8 cups** OF WATER EVERY DAY.<sup>2</sup>



<sup>1</sup>U.S. Geological Survey  
<sup>2</sup>Healthline



# Caption this!

Adventures and joy go hand in hand. So does smiling and taking pictures. Scout has added a fun caption to each of these pictures. Fill in the blanks to make your own captions.



YOUR CAPTION:

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Everyone looks better with "llama ears."



YOUR CAPTION:

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SMILE AND THE WHOLE WORLD SMILES WITH YOU.  
UNLESS THEY'RE GRUMPY! LOL.



YOUR CAPTION:

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---



---



---

Crunch and clean!  
An apple is like nature's toothbrush.



YOUR CAPTION:

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---



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Good thing we brushed and flossed this morning.

ACTIVITY

ACTIVITY





Craft corner:

# Make a llama bag

Did you know llamas are great at carrying things like food, water and camping gear? How would you like to carry some stuff in your very own llama bag? It's easy. There's no drama making this llama!

It only takes a few supplies and a few minutes. You can use your cool new bag to carry the tasty trail mix recipe from page 15. Or you can tote whatever you want — your pencils, markers, erasers, stickers and more — in your llama bag.

Here's what you need

- A grown-up to help
- White construction paper
- Scissors
- Markers (choose your favorite colors!)
- Glue or a glue stick
- Sandwich baggie

Here's how to make it

- 1 Cut the paper into two ears and a circle for the llama's nose.
- 2 Use the markers to draw a smile and nose on the circle and eyes on the baggie.
- 3 Use a marker to color the llama ears.
- 4 Glue the paper pieces in place on the baggie.
- 5 Fill the bag and start your next adventure!

Add stickers, bows, glitter or other decorations to give your llama your own special look!

Mouth-friendly recipe:

# Scout's trail mix

You sure can get hungry when you're on an adventure. That's why Scout invented this tasty snack. You'll get hungry just thinking about it!

Trail mix can be good for your teeth when you make it with healthy ingredients. Plain dark chocolate has less sugar than other chocolates. Sweet! It may sound nutty, but chewing nuts and seeds helps clean your teeth. There's no sugary dried fruit in Scout's recipe. Who wants that stuck in their teeth?

The sooner you get started, the sooner you can start snacking.

Here's what you need

- A grown-up to help
- A bowl



¾ cup raw almonds



¾ cup unsalted cashews



½ cup pecans



½ cup sunflower seeds



¼ cup dark chocolate chips



¼ cup unsweetened coconut flakes



1 ½ cups popped popcorn

Popcorn looks like llama fur, doesn't it? Be careful not to bite down on unpopped kernels. And make sure to use floss to remove any popcorn that gets stuck in your teeth.

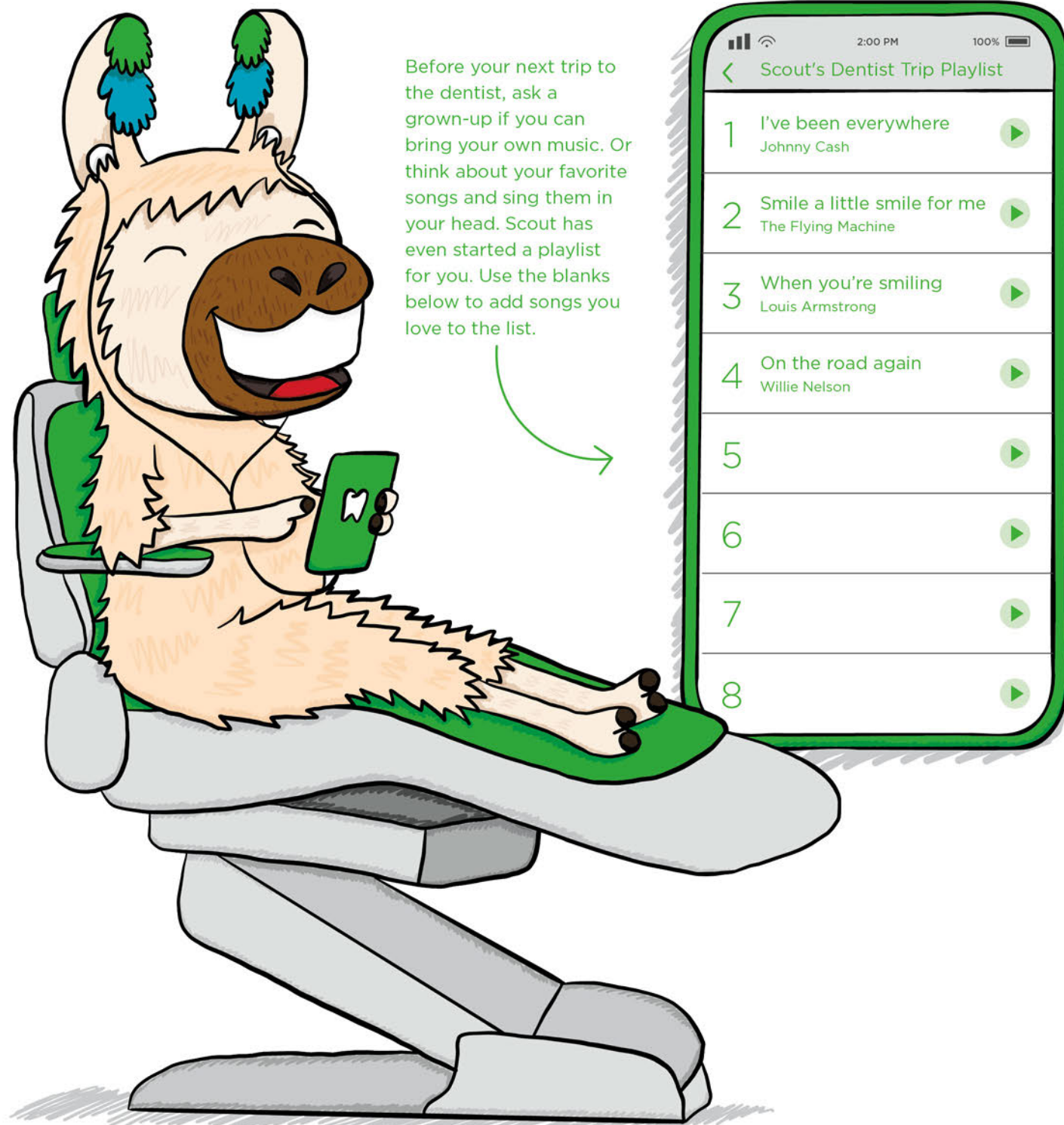
Here's how to make it

- 1 Mix all of the ingredients together in a bowl.
- 2 Scoop about ½ cup into the llama bag you made on page 14.
- 3 Keep the rest of the mix in a large container with a lid.
- 4 Take your bag of trail mix on your next adventure.
- 5 Snack away!



# Songs for smiling


There's no reason to worry when you visit the dentist's office. The dentist and dental hygienist are there to help. They know just what to do to make you feel comfortable. Your checkup can even be fun! You may be able to watch TV or listen to music while in the dental chair. Just make sure to stay alert for instructions from your dentist!




ACTIVITY

# Make the whole world smile

Did you know that helping others can help make you happier, too?! Talk about a real win-win situation! You're sure to smile when you take time to do these thoughtful things.




**Make cards for people in the hospital or nursing home.**  
Your cheery message will brighten their day!



**Help a grown-up plant a tree.**  
It's fun and helps make the air cleaner. Happy planet, happy people!




**Volunteer at, or donate pet supplies to, your local animal shelter.**  
Scout's always looking out for others. You can help furry friends, too.



**Give away toys and clothes that you've outgrown.**  
You'll make another kid very happy. Giving stuff a second home cuts down on trash, too. Just be sure to ask a grown-up first!

<sup>1</sup>Mayo Clinic

**Pick up litter everywhere you go.**  
Less garbage makes for a more beautiful world. Try taking a cleanup bag with you on walks! Make sure a grown-up helps.



**Donate toothbrushes, toothpaste and floss.**  
Food pantries and homeless shelters need these items. It's like giving a healthy smile!

ARTICLE



# What do you know about germs?

You already know that washing your hands with soap and water kills germs, but what about the bacteria in your mouth? Take this quiz to learn about germs. It's a real brain teaser!

Circle true or false for each statement below.

- True OR False 1 Gross! People don't have any germs or bacteria in their mouths.
- True OR False 2 There are more bacteria in your mouth than there are people on Earth.
- True OR False 3 Not all bacteria are bad. Some bacteria are actually helpful!
- True OR False 4 Bacteria won't grow on your toothbrush if you hide it in a drawer after using it.
- True OR False 5 Germs love to feed on sugar. Num. Num. Num.
- True OR False 6 You can get rid of bad germs in your mouth with daily care.

## Answers

3  
True  
"Good bacteria" in your mouth can help fight off cavity-causing bacteria.

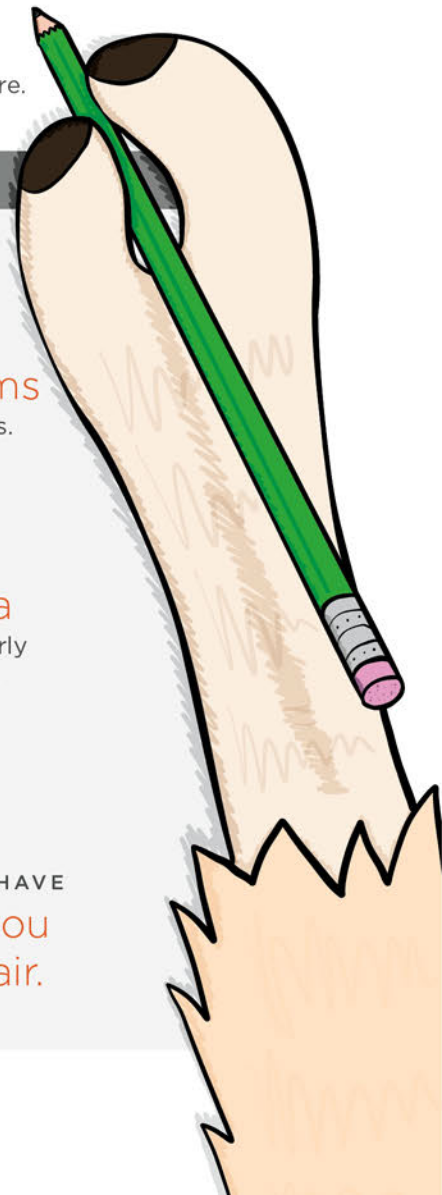
5  
True  
Germs sure do love sugar! That's how bacteria can cause cavities and gum disease.

6  
True  
Brush your teeth twice a day FOR TWO MINUTES each time and floss daily to help get rid of germs.

1  
False  
MORE THAN 700 kinds of germs can live in people's mouths.

2  
False  
There are about 6 billion bacteria IN YOUR MOUTH and nearly 8 billion people ON EARTH.

4  
False  
YOUR TOOTHBRUSH WILL HAVE fewer bacteria if you let it dry in open air.



## Experiment: Milk is magical

Wow! Milk does some amazing things. That's because it's full of calcium and phosphorus. These minerals make your teeth and bones stronger!

Milk also has some awesome effects when you mix it with dish soap and food coloring. Try this fun experiment. You can do it with just a few items you might already have in your kitchen.



### Here's what you need

- A grown-up to help
- Large bowl
- Dish soap
- 1 cup of milk (it works best at room temperature)
- Food coloring (any colors)

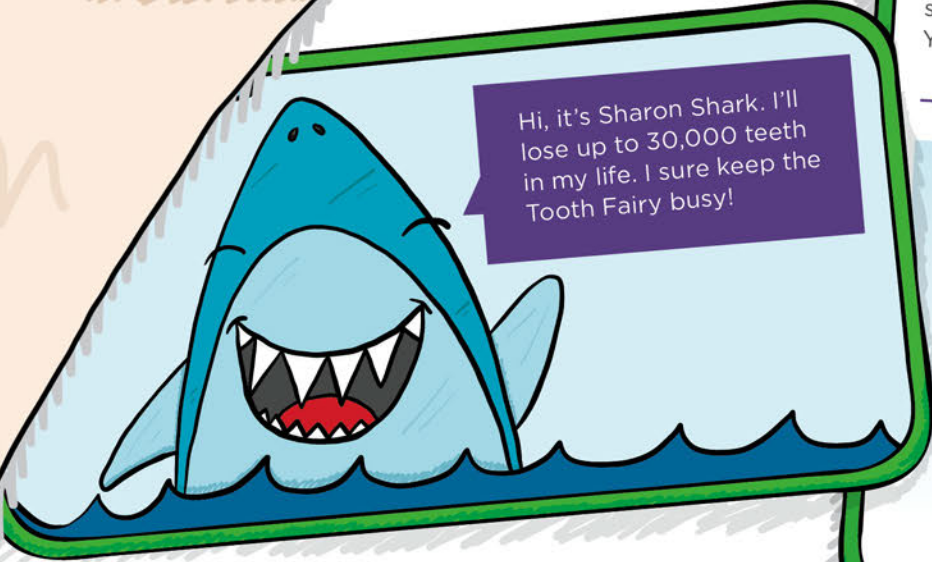
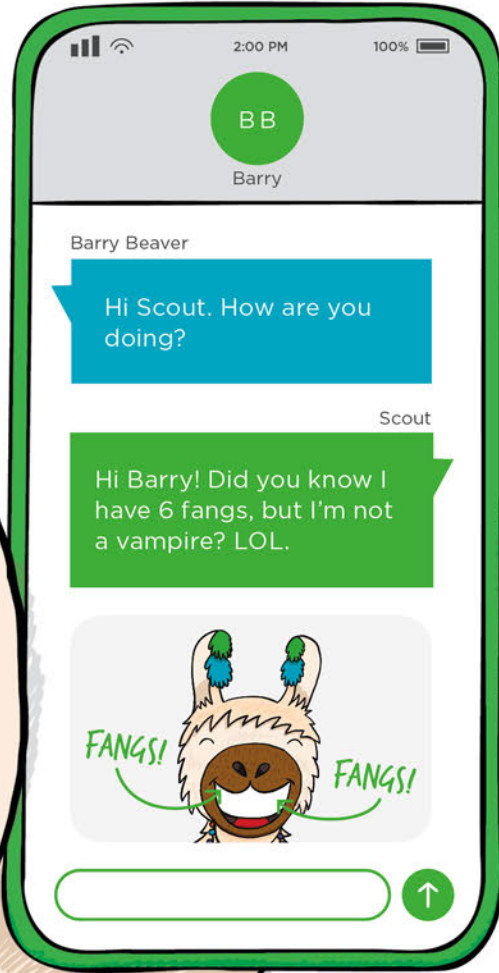
### Here's how to make it

- 1 Put the milk in the bowl.
- 2 Add several drops of food coloring to the milk. The more colors, the better!
- 3 Squeeze a drop of dish soap in the middle of the bowl.
- 4 Watch the colorful reaction!



# Keep in touch

Scout has made a lot of friends while traveling. It's fun to stay in touch with the people you meet. Here's how Scout and pals make each other smile.



# What's your adventurer name?

It's fun to imagine traveling all over the world. Now let's make up nicknames we can use on our journeys. Use this code to find your adventurer name and fill out the name tag below.

1

Find the month you were born.

January	Commander	May	Explorer	September	Skipper
February	Sailor	June	The Honorable	October	Chief
March	Major	July	Trailblazer	November	Pathfinder
April	Ace	August	Ambassador	December	Captain

2

Find the first letter of your last name.

A	Smiley	N	Mouthwisher
B	Brush-a-Lot	O	Twice a Day
C	Toothy	P	O'Calcium
D	Checkup	Q	Sugarless Gum
E	Flossington	R	Mouth Guard
F	Grinmeister	S	Toothpaste
G	Apple Picker	T	Molarsworth
H	Waterson	U	Good Gums
I	Jawbone	V	Germ Smasher
J	Fangson	W	Carrot Cruncher
K	Healthy Snacker	X	Zero Cavities
L	Cavity Fighter	Y	Fluoride
M	Lip Balm	Z	McMilk



ARTICLE

ACTIVITY









Thanks for  
joining me on  
this adventure!



# Share your adventures

See back for instructions. →

Δ DELTA DENTAL

GREETINGS FROM

**MOUTH  
WASHINGTON  
D.C.**

Δ DELTA DENTAL

**CALCIUM,  
CALIFORNIA**

WISH YOU WERE HERE!

HAVING A GREAT TIME IN

**FLUORIDE,  
FLORIDA**

Δ DELTA DENTAL

Δ DELTA DENTAL

VISIT BEAUTIFUL

**FLOSSSTON,  
MASSACHUSETTS**



Be a great friend! Tell your buddies about your recent adventures. They're sure to smile when you surprise them with a special note.

- 1 Tear out the cards.
- 2 Write to your friends or family members.
- 3 Put a stamp on the card and mail it.

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PLACE  
STAMP  
HERE

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PLACE  
STAMP  
HERE

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PLACE  
STAMP  
HERE

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PLACE  
STAMP  
HERE