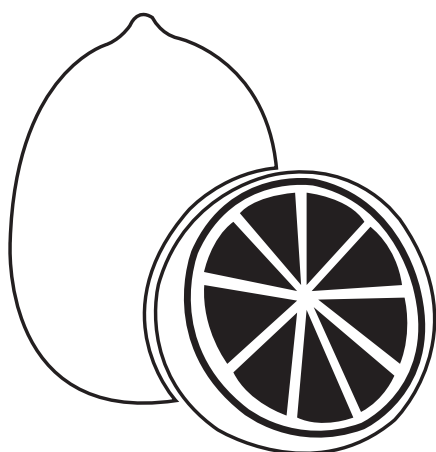
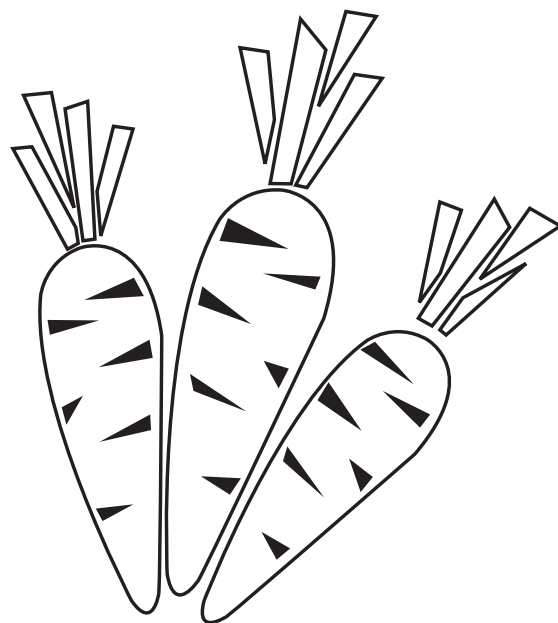
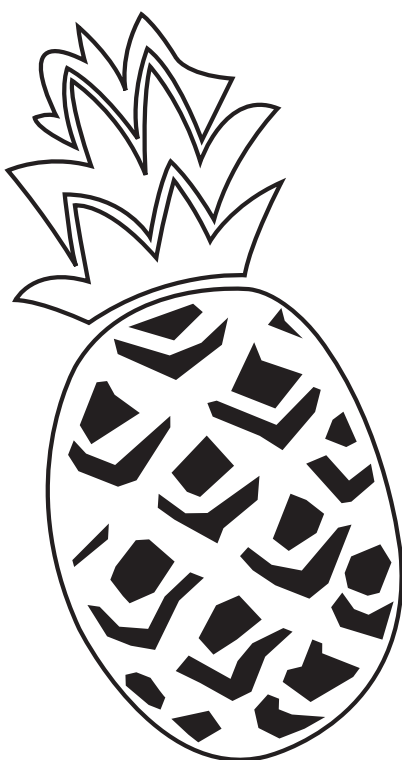
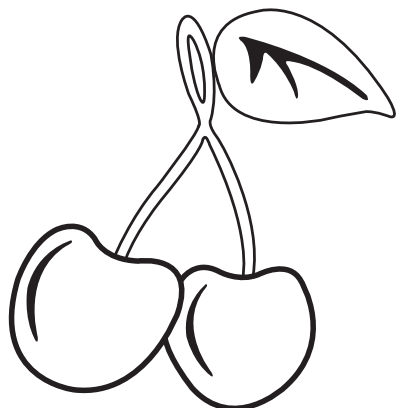
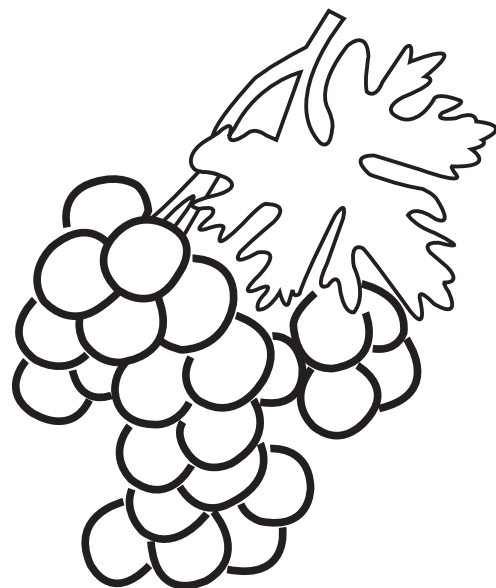
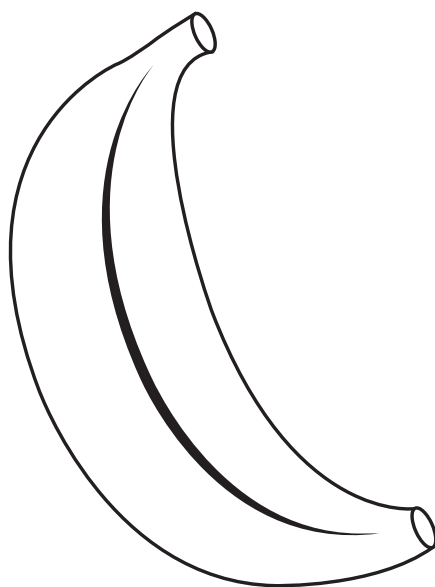
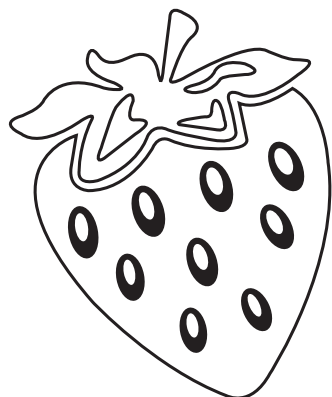


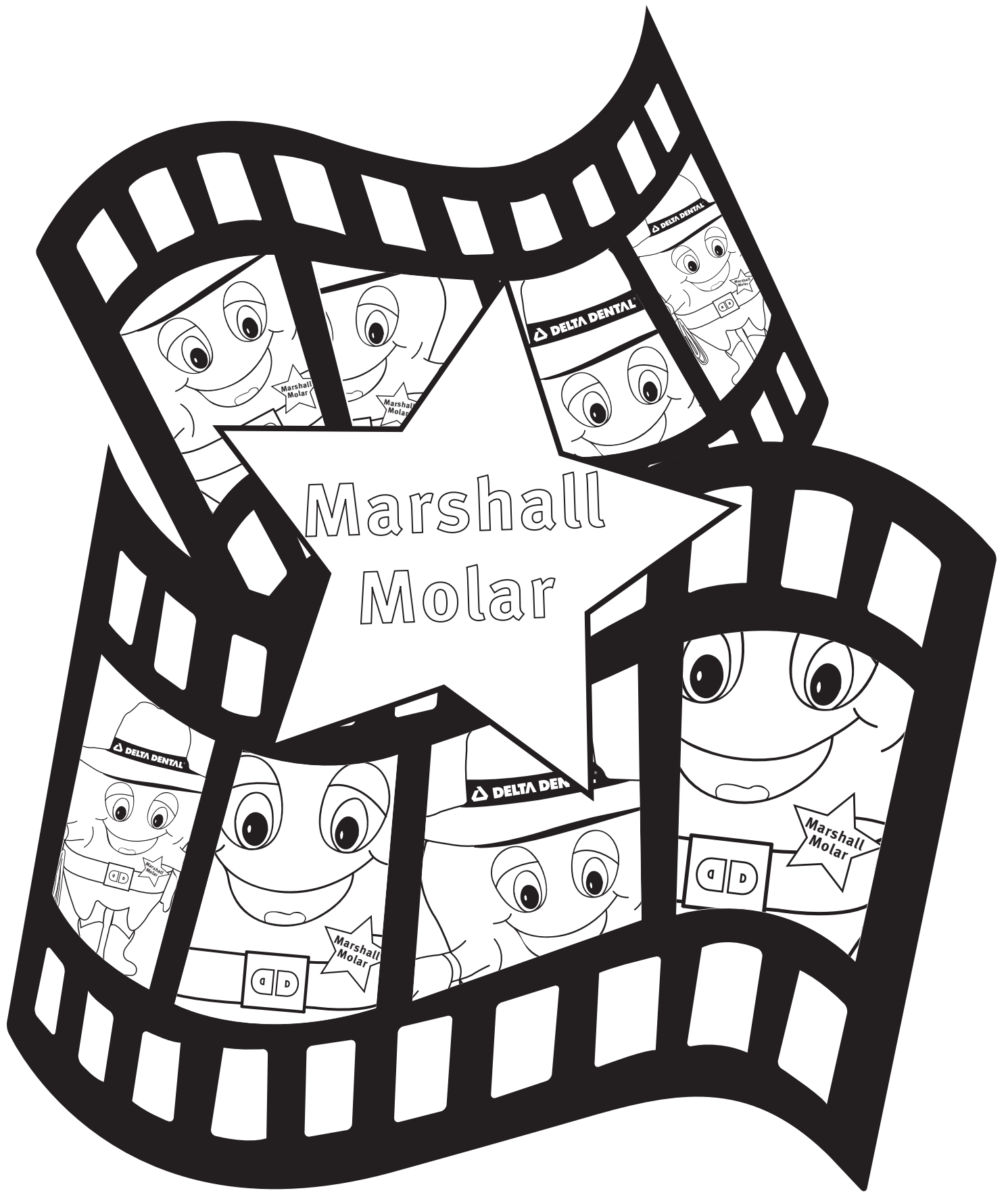


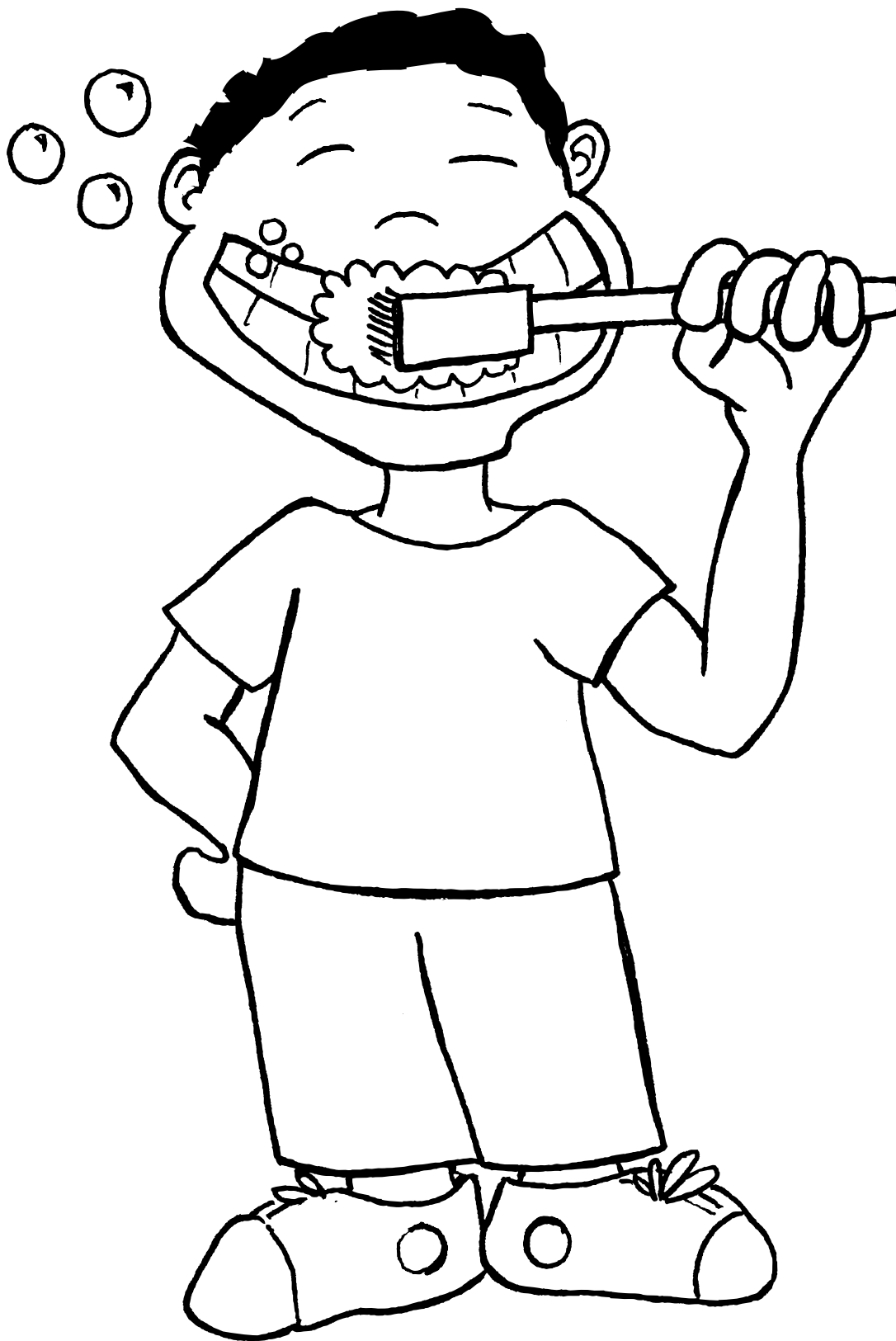
A healthy smile
is a happy smile!



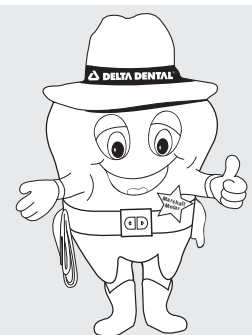
Fruits and veggies are healthy snacks for your teeth and body. They can even help clean your teeth as you chew!



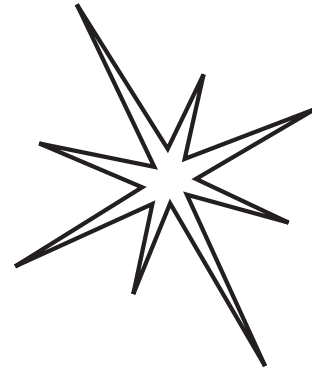
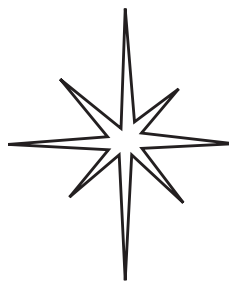




Brush at least twice per day to keep
your smile healthy and white.



Can you find the hidden words? They may be forward, backward, up, down, or diagonal.



BRUSH

DENTIST

FLOSS

FLUORIDE

GUMS

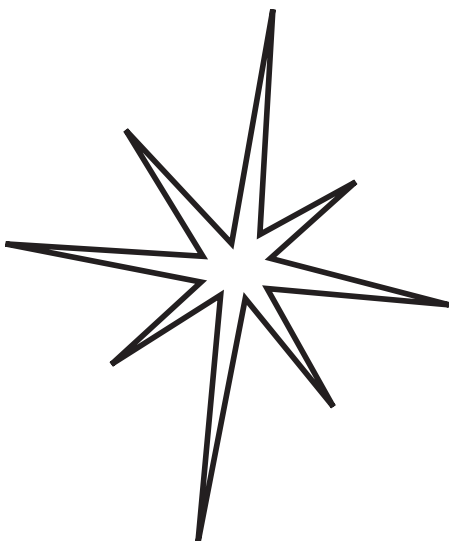
HEALTHY

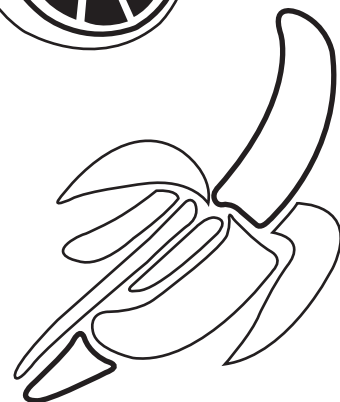
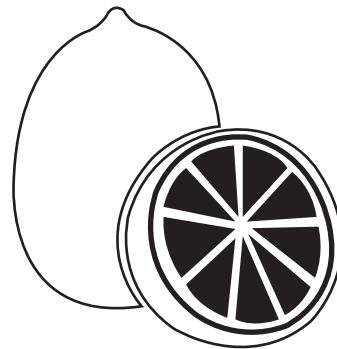
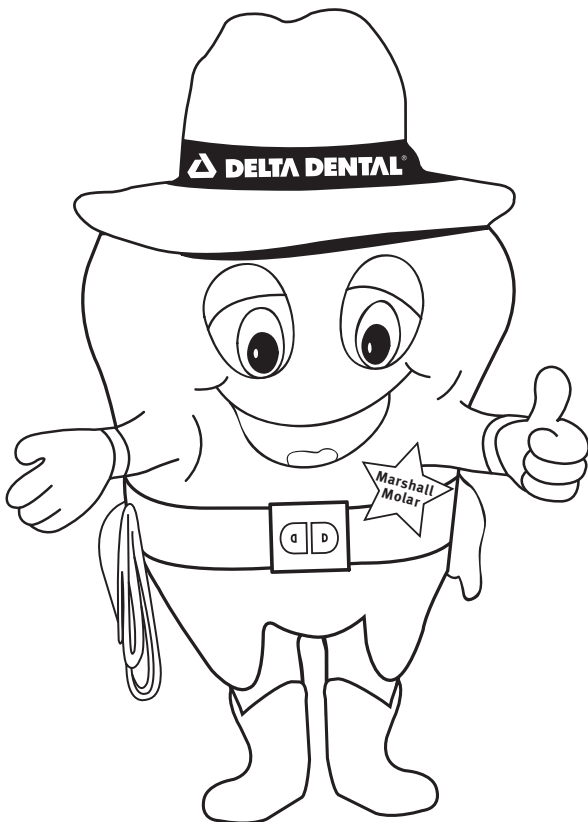
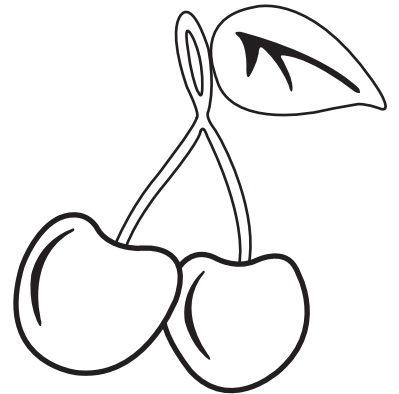
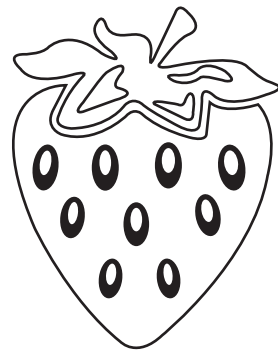
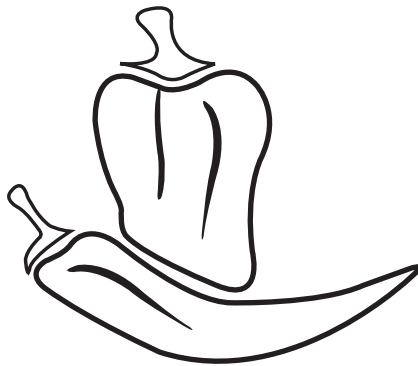
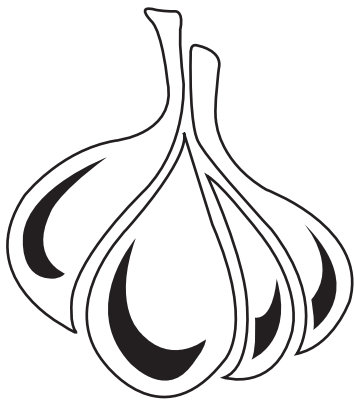
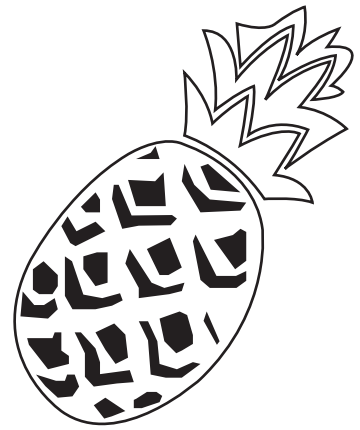
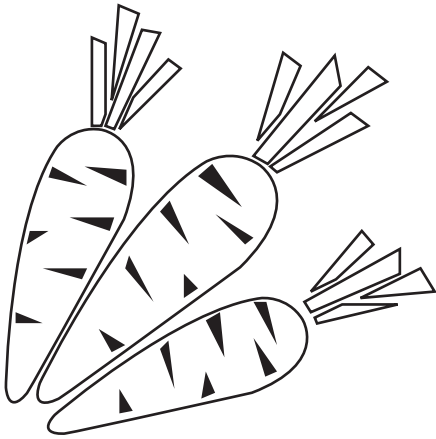
SMILE

TONGUE

TOOTH

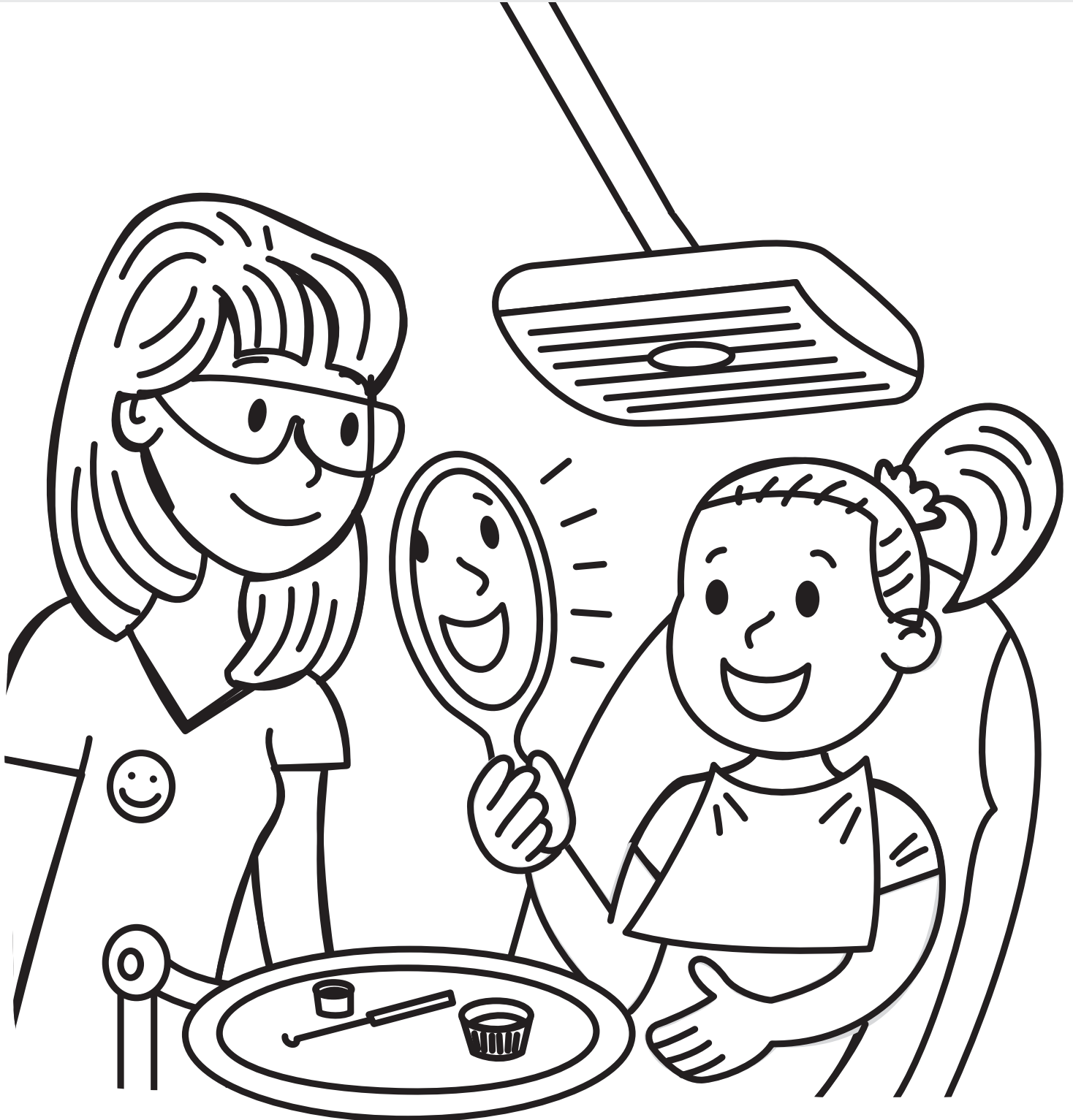
E	L	I	M	S	A	T	Z	D	H
F	L	U	O	R	I	D	E	E	S
H	W	S	E	H	H	H	M	N	U
Y	E	A	J	T	V	J	R	T	R
S	Z	A	O	N	T	T	G	I	B
H	S	O	L	O	C	P	H	S	V
V	T	S	N	T	O	A	C	T	Z
N	B	G	O	E	H	G	U	M	S
A	U	P	M	L	D	Y	S	B	U
E	M	J	O	J	F	Z	J	M	F

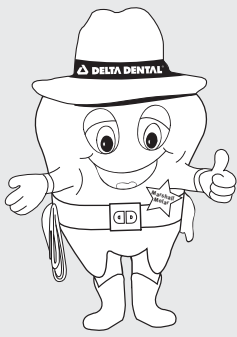




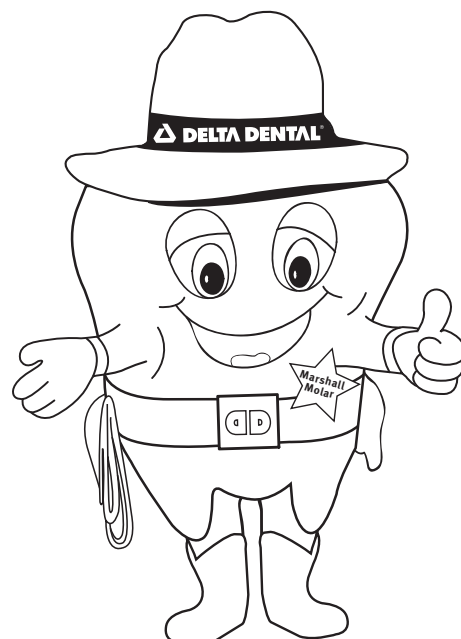
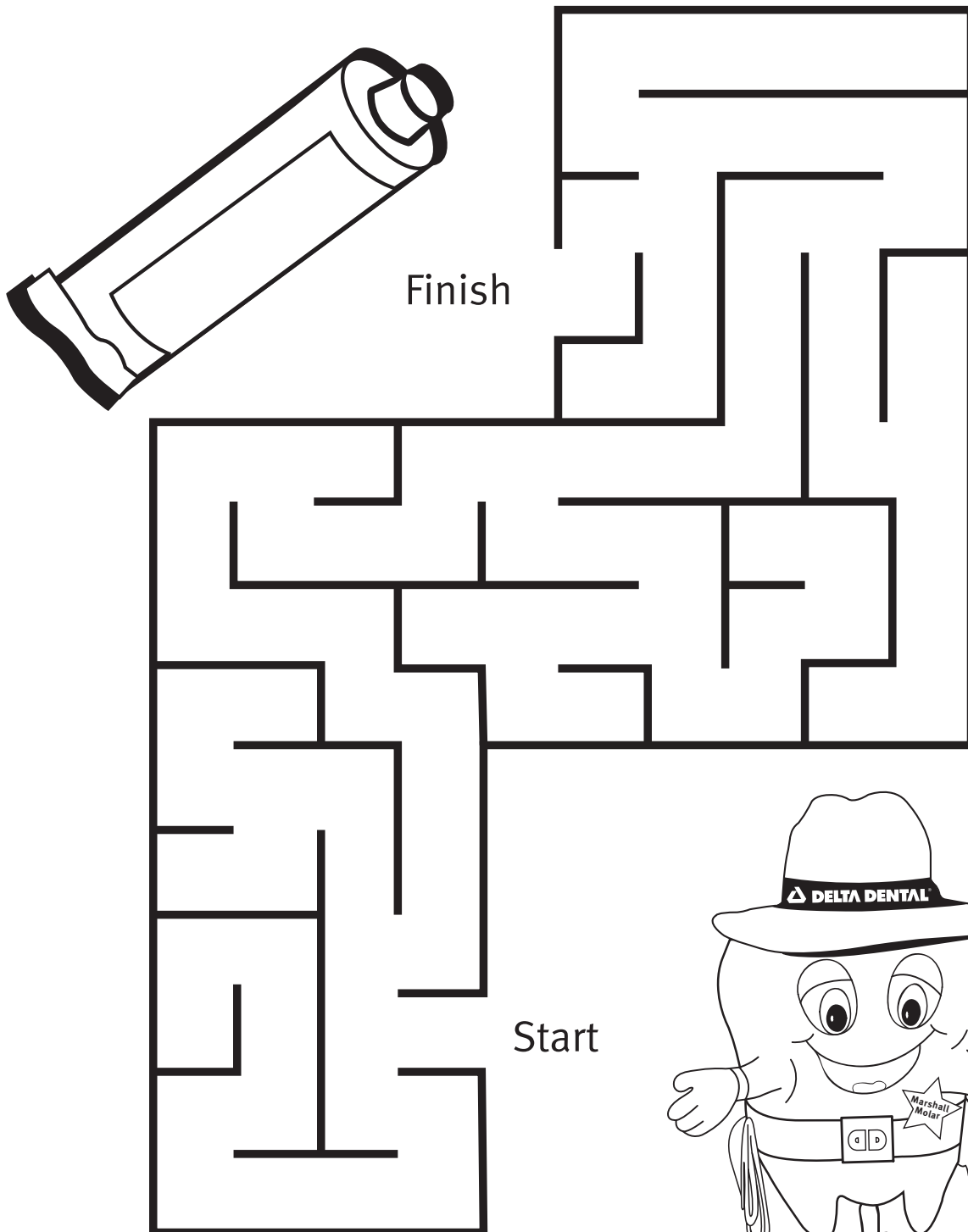


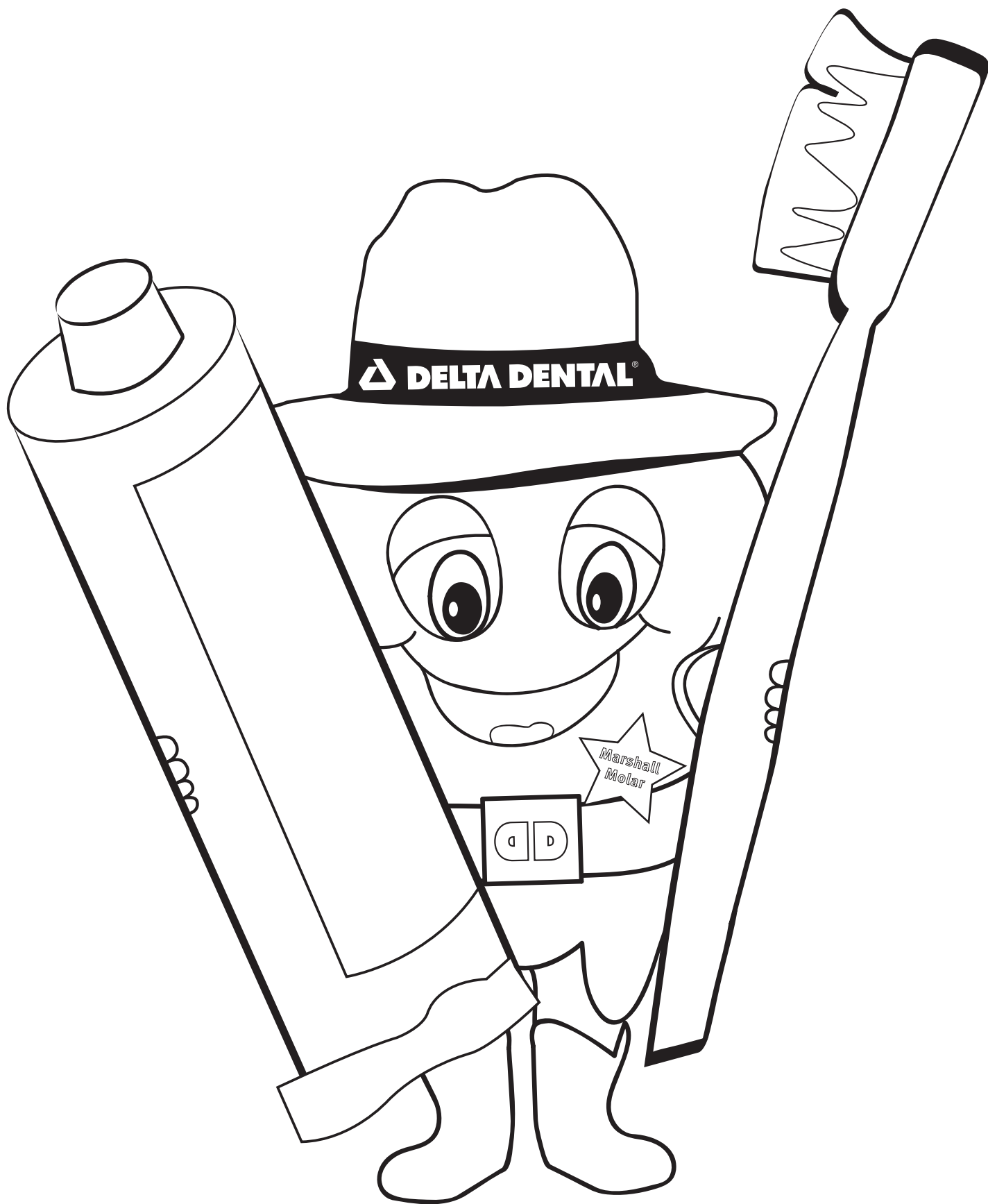
Regular visits to the dentist are a good way to take care of your teeth.





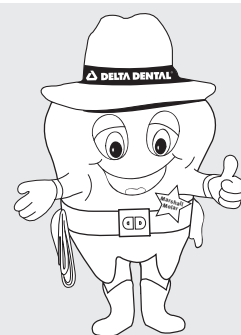
Can you help Marshall Molar find his way to the toothpaste?







Can you draw yourself brushing your teeth?



Parents: The best way to brush

Use a toothbrush with soft bristles, so they don't irritate teeth and gums.

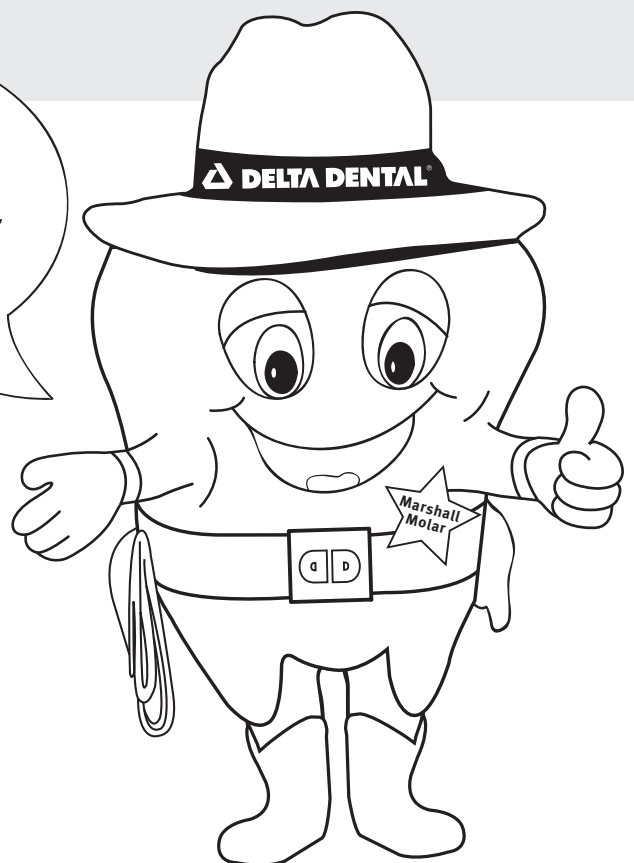
Wet the bristles, apply a small amount of toothpaste, and place bristles along the gum line. Using a back and forth circular motion, brush the outside of each tooth. Repeat along the inner gum line and tooth surfaces.

Using a gentle back and forth scrubbing motion, brush the biting surface of each tooth. Don't forget to gently brush the tongue, too.

Without swallowing toothpaste, rinse the mouth out with water or mouthwash.

Brushing should last two to three minutes and should take place after meals and snacks.

Hey kids! Brush up to keep your smile healthy!





Delta Dental of Indiana
Delta Dental of Kentucky
Delta Dental of Michigan
Delta Dental of New Mexico
Delta Dental of Ohio
Delta Dental of Tennessee

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