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Walk through the lab of a tooth genius to uncover a top-secret formula for happy smiles.

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Tooth or dare!

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.

What game do dentists play at slumber parties?
A comb!

What has teeth but can't eat?
Diamonds!
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.

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

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1. 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.

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

3. This is my mega nifty toothbrush that I use to clean my teeth, gums and tongue. Check the chalkboard for my brushing equation.

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

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!

Based on my math, brushing for four minutes per day equals super fresh breath and leads to healthier teeth.
Happy smiles mix-up

The words below are all jumbled up! Unscramble them to find out the answers.

What ingredient should your toothpaste have?

Grusa

How much time should you spend brushing your teeth?

Wot nemusti ciwet a yda

What ingredient in food and drinks can cause cavities?

Iriuefdo

How can you remove food and bacteria stuck between your teeth?

Lriuefdo slosf

What should you wear when you play sports?

Slosf
tohumraudg

Who do you visit for cleanings and exams?

dsttine

What ingredient in food and drinks can cause cavities?

Grusa

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. 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.

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.

- **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.

- 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!
- Thirsty? Try water instead of lemonade!
- Fresh veggies make great on-the-go snacks.
- Cut back on sweets to save your teeth!
- Dentists can tell if you haven’t been brushing or flossing.
- Eat balanced meals low in starch and sugar. Don’t forget to eat your veggies!
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**Eat balanced meals low in starch and sugar. Don’t forget to eat your veggies!**
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.

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!

FRANK THE FISH
Don't forget about me! I help create a fun, relaxing environment for everyone who comes to visit. Bloop!

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

**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 “ahhhh,” 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 tip-top 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.

Find five dental tools in the picture below.

**ACTIVITY**
Find five dental tools in the picture below.

**Answers:** Floss on receptionist’s desk, toothbrush in dental assistant’s hand, toothpaste on dental chair, hands of dental hygienist, x-rays in dental hygienist’s hand, tools in dentists pocket and tools in dental hygienist’s hand. Tools in dental assistant’s hand, x-rays in dental hygienist’s hand.
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.

Answers: apple, celery, carrots, yogurt, cheese, milk, water, and almonds

Grin! for kids

Delta Dental
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.
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:

Lost tooth details:

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.

**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.

**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.

**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.

**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.
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.

Connect the dots for a celebration surprise!

**SEPTEMBER 20**
**Love Teeth Day**
In China, this holiday reminds people how important dental care is in preventing mouth problems.

**FEBRUARY**
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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.

You’re at a slumber party, and it’s snack time. Which one do you choose?

A cookie

The cookie leaves a sugar coating on your teeth. How do you get them clean?

Leave it be.

Drink water to wash it away.

Brush for two minutes.

Don’t brush because you’re too tired.

It’s almost time for bed. What do you do?

Don’t brush, because you’re too tired.

Brush for two minutes.

Floss!

You’re almost there, but there’s still bacteria between your teeth. What do you do?

You did it! Your mouth stayed healthy. Keep up the good work to enjoy a lifetime of great teeth.

When you don’t floss before bed, food and bacteria can stay stuck between your teeth all night long. Gross! Don’t forget to clean your teeth properly the next day.

Grapes

Nice choice! Your teeth are looking good. It’s almost time for bed. What do you do?

Brush for two minutes.

Don’t brush because you’re too tired.

Get back to the party!

Uh-oh. You went to sleep without cleaning your teeth. That means bacteria have all night long to attack your teeth! Make sure to brush your teeth as soon as you wake up!
Craft corner:

Tooth Fairy door hanger

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

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.