

A Visit to the

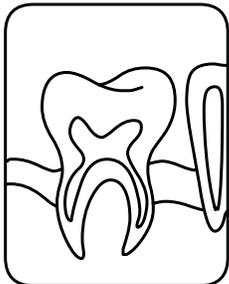
Dentist



What Does a Dentist Do?

A dentist is a type of doctor who is specially trained to care for our mouth, gums and teeth!

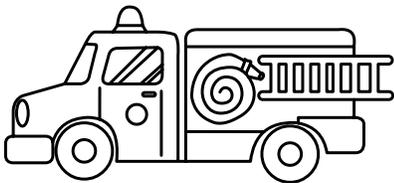
Cross out the jobs a dentist does NOT do and color the jobs a dentist does.



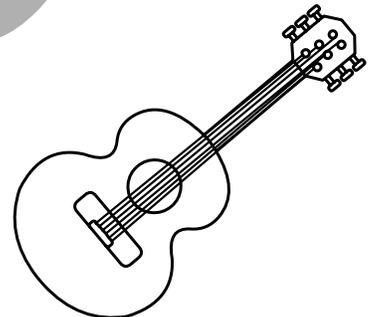
X-Rays Teeth



Shows You How to Floss



Puts Out Fires



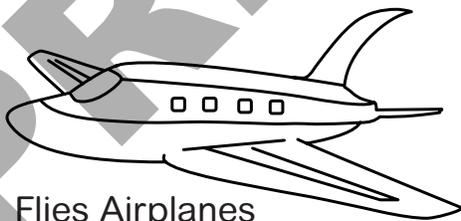
Teaches Music Lessons



Fills Cavities



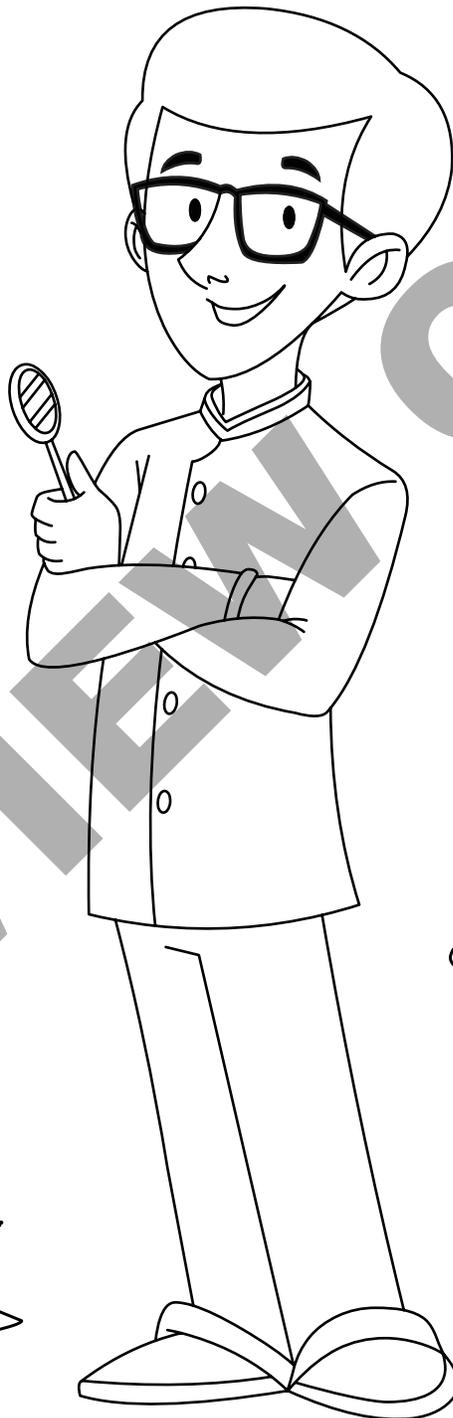
Cleans Teeth



Flies Airplanes



Checks Teeth with a Mirror

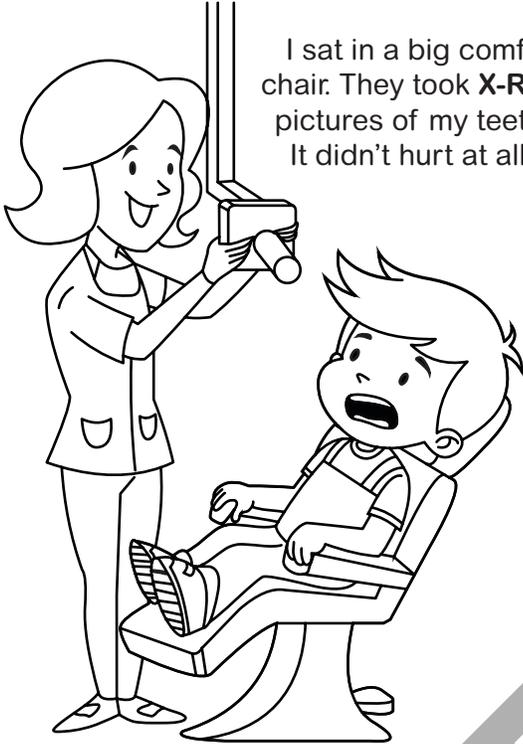


Visit the Dentist Every 6 Months!

My Trip to the Dentist

I was scared to go to the dentist, but it was easy! Now my teeth are clean and I know how to brush, floss and what I should eat to care for my teeth.

I sat in a big comfy chair. They took **X-RAY** pictures of my teeth. It didn't hurt at all!



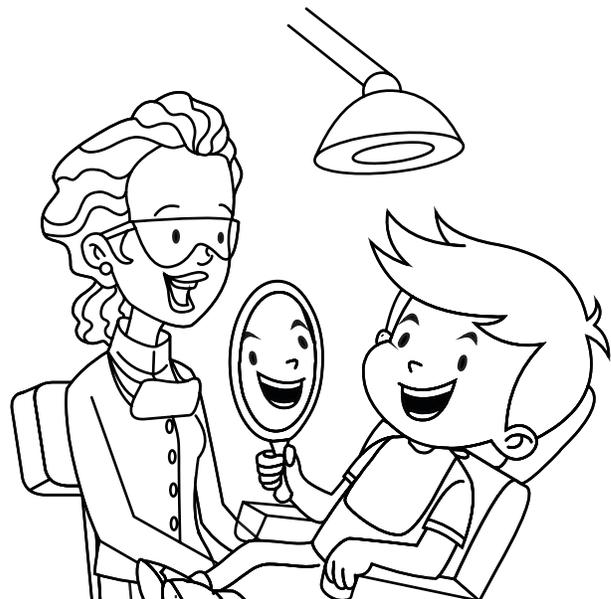
A hygienist cleans my teeth and removes any **PLAQUE** and **TARTER**. She uses special tools like a **SUCTION & POLISHER**.



The dentist **EXAMINES** my teeth for any **CAVITIES** and looks at my **GUMS**.



My smile is **BRIGHT** and **CLEAN**! I even left with a new **TOOTHBRUSH & FLOSS**!

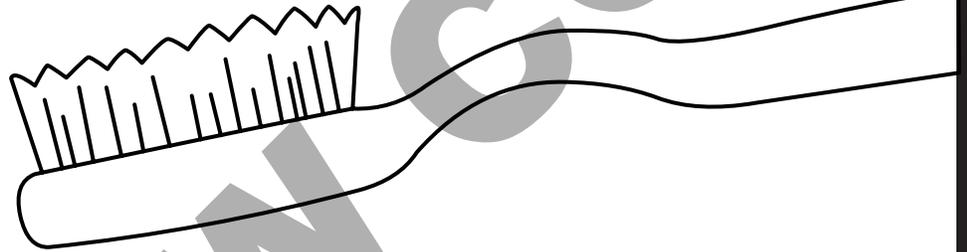
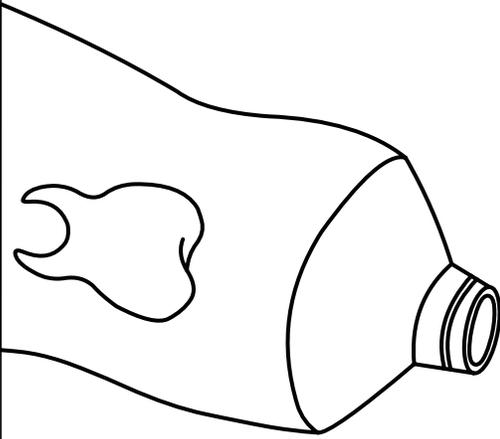


I Love My Bright Smile!

BRUSH YOUR TEETH TWICE a Day

It is important to brush your teeth every morning and night.

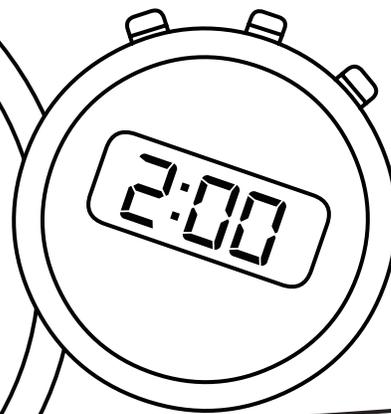
How much toothpaste is enough? The dentist says a pea-sized amount every time you brush.
Draw the right size toothpaste on the brush below, then decorate your toothbrush!



BRUSH YOUR TEETH for 2 Minutes

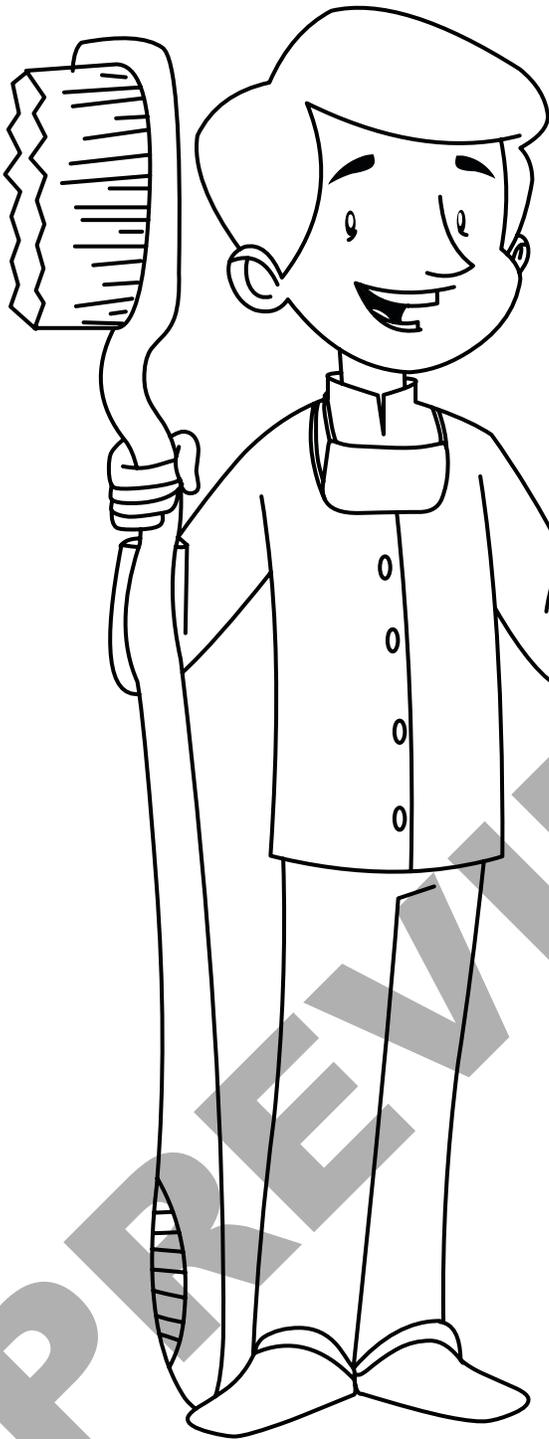
Brush your teeth along to a song!

The American Dental Association recommends “The Toothbrushing Song” to help you know how long to brush!



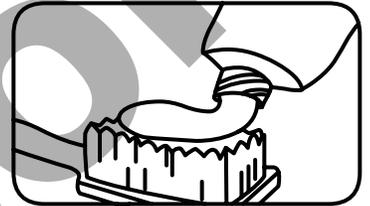
**Use fluoride toothpaste.
Don't Forget to Spit & Rinse!**

HOW TO BRUSH

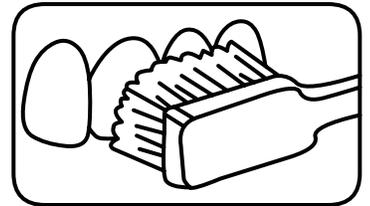


Use a **SOFT** toothbrush - like your dentist and hygienist tells you to!

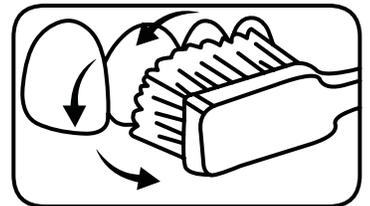
1. **APPLY**
Toothpaste
Just a pea-sized amount!



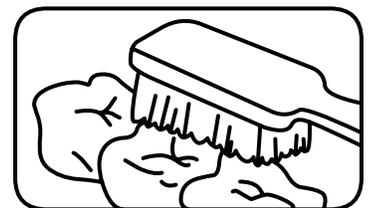
2. **BRUSH**
Front Teeth



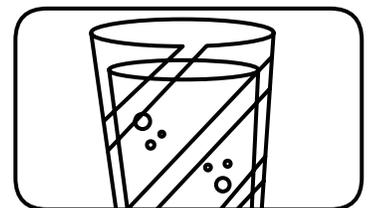
3. **BRUSH**
In Circles



4. **BRUSH**
Back Teeth



5. Spit &
Rinse!



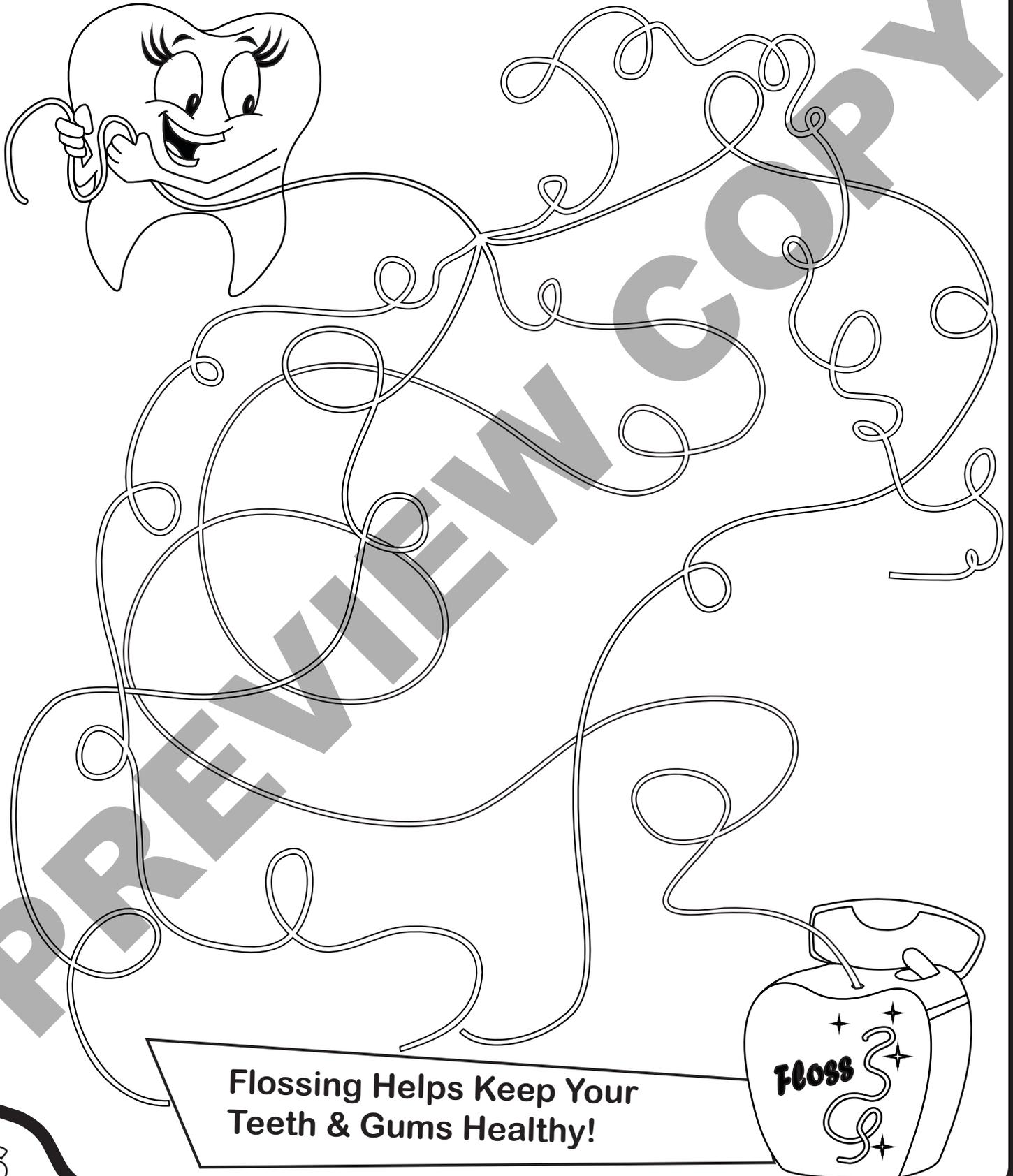
After you brush
it's time to

FLOSS!

Floss Your Teeth Once a Day!

Oh No! The floss is tangled!

Find and trace the line of floss that leads back to the tooth, to help it stay clean.



**Flossing Helps Keep Your
Teeth & Gums Healthy!**

Visit the Dentist Every 6 Months

To keep your smile healthy and bright!

Find all the words in the Toothy Word Search!

All the words below are important to help you keep your smile healthy and bright.

Words go up, down, left, and right. Use the word bank for help.

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

WORD BANK

CAVITY
DENTIST
FLOSS
FLUORIDE
GUMS
HEALTHY

MOUTHWASH
PLAQUE
SMILE
TEETH
TOOTHBRUSH
TOOTHPASTE

My Smile Is Healthy & Bright!

FAMILY DENTIST

I Promise To:

- Eat Healthy Snacks Like Fruits and Vegetables
- Stay Away From Sugary Treats & Soda
- Brush Morning & Night
- Floss Daily
- Visit the Dentist Every 6 Months

PREVIEW