

**BRUSH TWO MINUTES
TWICE A DAY!**



**KIDS!
NEVER MISS
A BRUSHING
WITH THIS DAILY
TRACKER!**

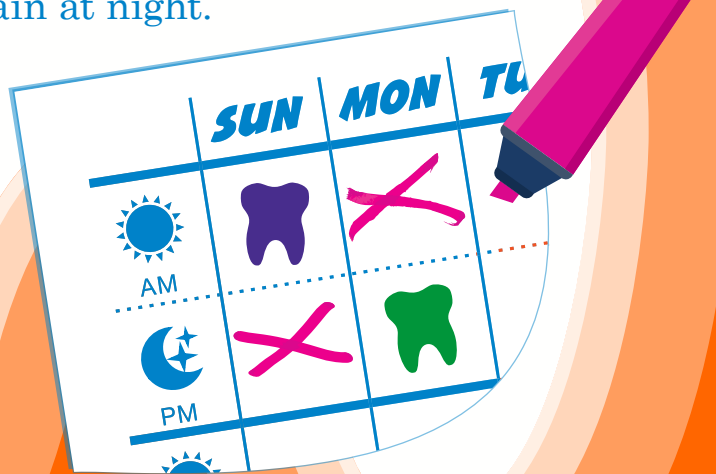
**2MIN
X2**

KEEP A HEALTHY GRIN!

As part of a daily routine, your child should brush his or her teeth with fluoride toothpaste twice a day for at least two minutes.

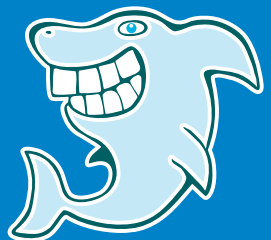
But brushing teeth does not have to be a chore. You can encourage your child to have a healthy mouth by making brushing fun and rewarding.

- This calendar will increase your child's knowledge of good oral hygiene practices.
- Use the stickers provided or markers to check off brushing twice each day.
- Place a sticker or checkmark in each box when your child brushes in the morning and then again at night.



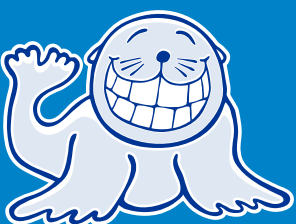
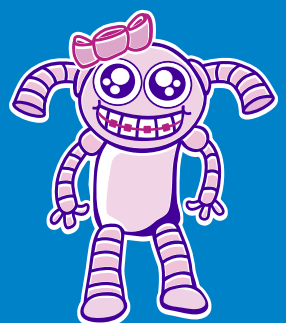
Mr. Grins is a big, fuzzy monster who can't stop smiling. He makes sure to take care of his famous grin by brushing and flossing regularly.

Sergio is a friendly shark with a killer smile. Sea creatures may be startled when he flashes his pearly whites but they don't have to worry: Sergio prefers fresh fruits and veggies.



Doug the fir tree is funny and wise. He's been growing for a long time and knows about nutrition. He doesn't talk a lot, but when he has something to say, you should listen!

Liz-E's intelligence may be artificial but her feelings are real. She really knows her stuff when it comes to taking care of teeth, and she likes to share tips with her friends.



Sasha wants all kids to get dental sealants so they can protect their smiles! Just don't mistake her for a seal because she is a proud sea lion!

How to Brush

Use a soft bristled toothbrush and add a pea-sized amount of fluoride toothpaste.



Point the bristles of the brush toward the gum line at an angle.



Move the brush gently in tiny circles over every tooth near the gum line.



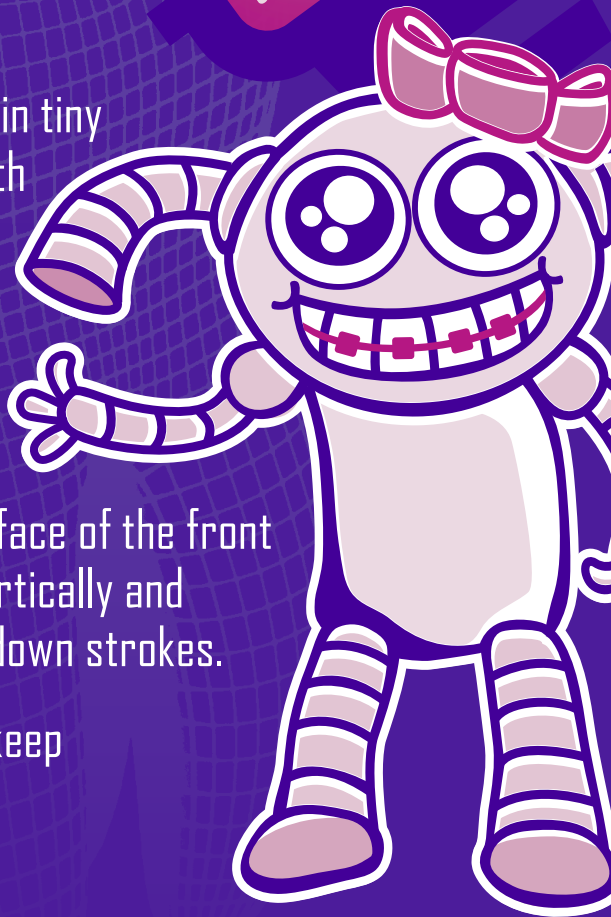
Brush the outside, inside and chewing surfaces of all teeth.











To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.











Brush your tongue to keep your breath fresh.



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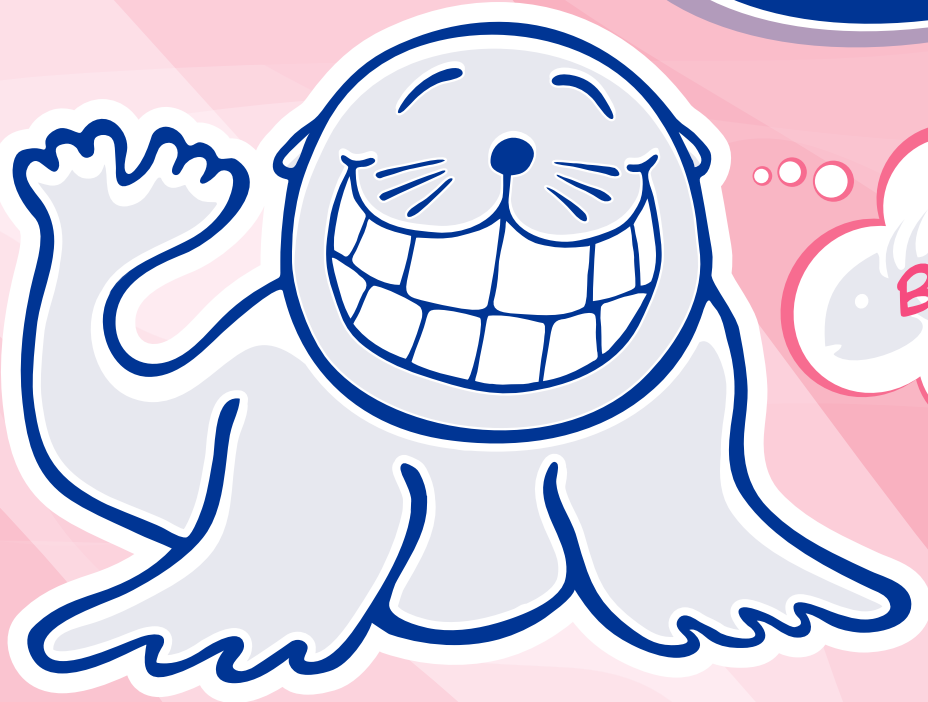
FOR A SUPER SMILE REMEMBER TO LIMIT SWEETS, SODA AND JUICE. CHOOSE VEGETABLES, FRUITS AND WHOLE GRAINS. EAT ALL THE COLORS OF THE RAINBOW!











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SEALS AND SEA LIONS VISIT THE AQUARIUM DENTIST TO PREVENT FISH BREATH, PLAQUE AND GINGIVITIS THAT CAN CAUSE CAVITIES.

YOU SHOULD VISIT YOUR DENTIST TWICE A YEAR TO KEEP YOUR TEETH HEALTHY.



FISH BREATH !!!???









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Floss

once a day

to flick those germs out
from between your teeth.











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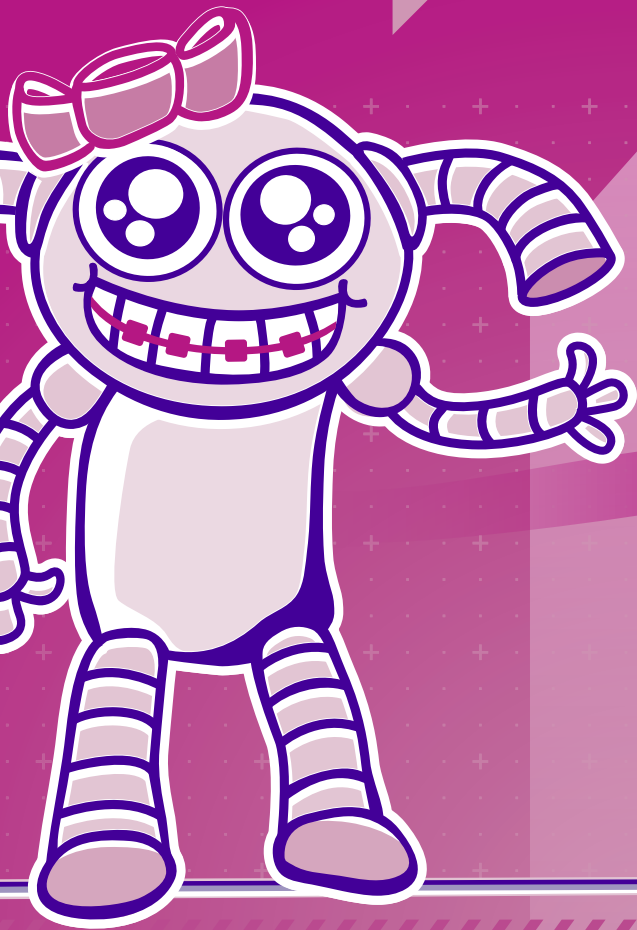
NIGHT OF THE CAVITIES

STREP MUTANS BACTERIA interact with sugar left on your teeth to create **ACID ATTACKS** that cause cavities.

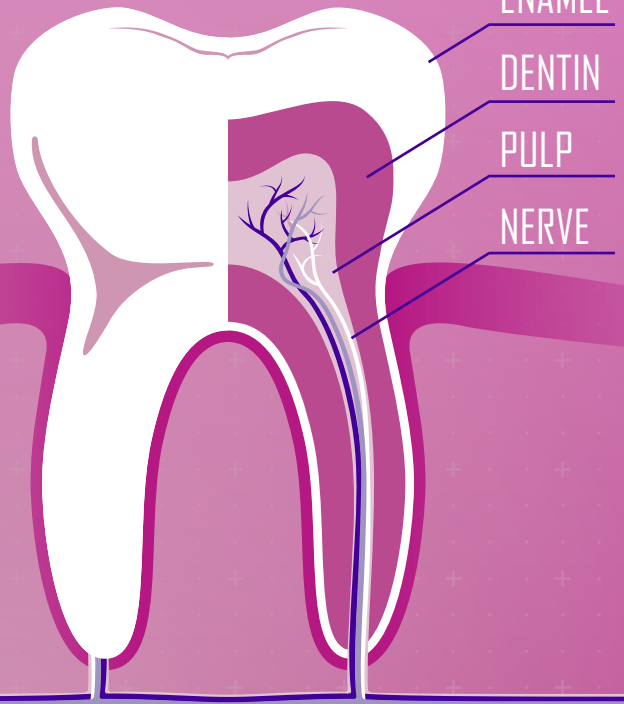










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Enamel is the hard shield around your tooth.
 Fluoride toothpaste makes it strong.
 Brush twice daily for full shield strength.



SHIELD STRENGTH











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DID YOU KNOW?
 SHARKS NEVER RUN OUT
 OF TEETH. IF ONE IS LOST,
 ANOTHER SPINS FORWARD
 FROM ROWS AND ROWS OF
 BACKUP TEETH.











**YOU DON'T
 HAVE ROWS OF
 BACKUP TEETH!**
 KEEP BRUSHING FOR
 TWO MINUTES TWICE A
 DAY AND PROTECT THE
 TEETH YOU HAVE.

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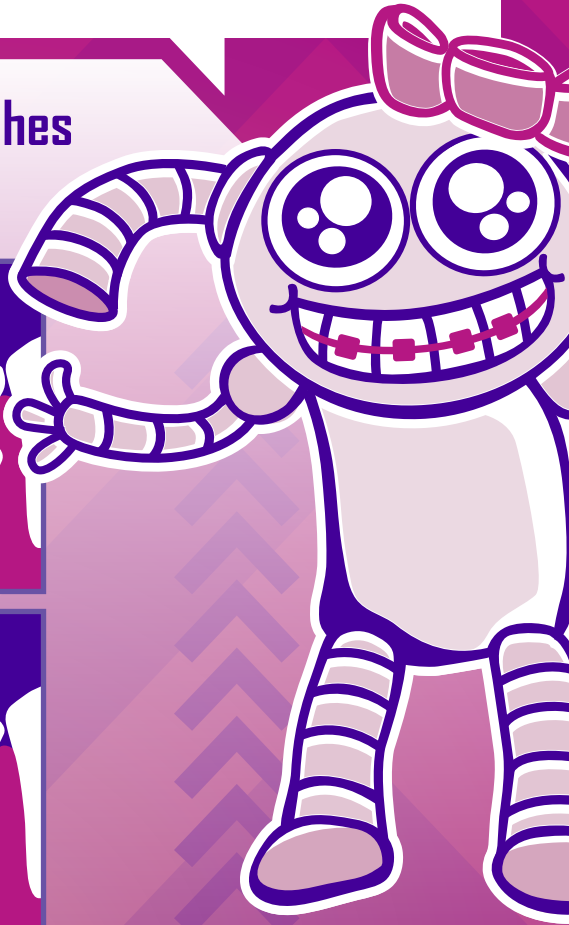
Have you ever felt scared late at night?
 Do big hairy monsters give you a fright?
 Nice monsters like Grins only give hugs.
 The real nighttime baddies are bacteria bugs.









If you don't brush at night they come out to play,
 Attacking your teeth until the next day.
 Mr. Grins' teeth are safe and yours will be too,
 As long as you brush for *two minutes times two!*

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You were born with all the teeth you are going to have... they just don't show yet. Daily fluoride tablets or fluoride in the water can make even the hidden adult teeth strong.

Check out how the adult tooth pushes up and pops the baby tooth out:











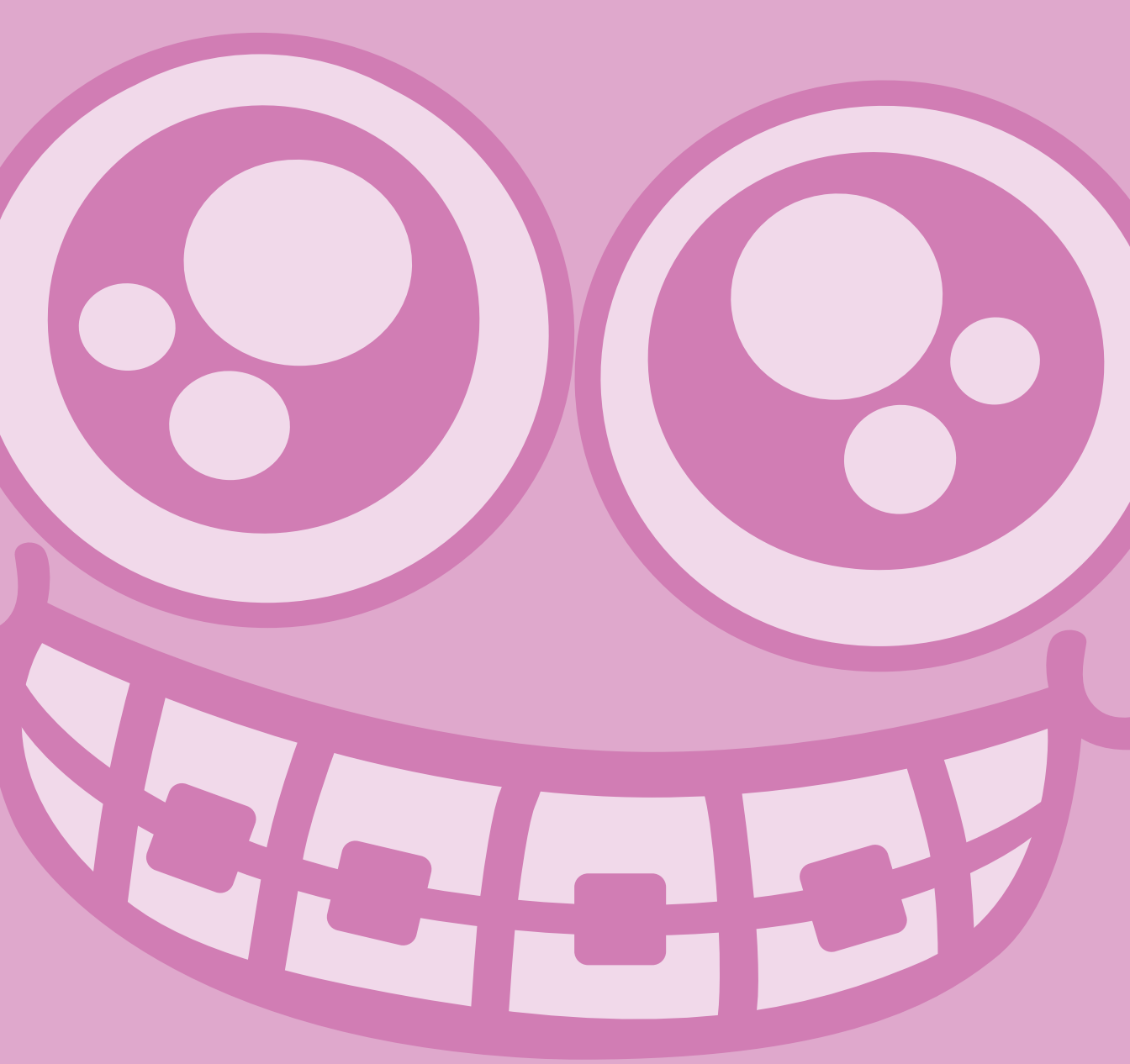
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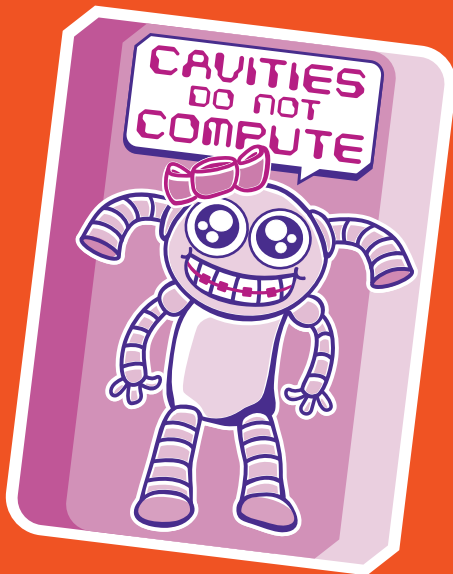
GOOD



JOB!

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