Dear parents and caregivers,

Today your child learned about the importance of taking care of their teeth. They learned that cavities are caused by bacteria in their mouths. They also learned that they must brush two times for two minutes and floss every day.

Primary (baby) teeth are important in order to maintain healthy teeth later in life and for proper speech development and self esteem. Kids with healthy teeth miss less school and are proud of their smiles! You can help reinforce these good oral health habits with resources for caregivers available on our website including:

- Tips from the ToothFairy
- Facts About Tooth Decay
- Brushing Charts and Oral Care Tips
- Help finding a nonprofit dental clinic for your child

Visit www.AmericasToothFairy.org for more!

Millions of children are without access to dental services and face ongoing health consequences as a result, including untreated tooth decay and other, more intensive dental needs. As a resource provider, America’s ToothFairy increases access to oral health care by supporting nonprofit clinics and community partners delivering education, prevention and treatment services for underserved children.

We work to ensure all children can access dental care and learn about oral health.
5 Tips for Healthy Teeth

1. Brush your teeth for two minutes two times every day.

2. Floss between your teeth every day.

3. Get a new toothbrush every three months and after you are sick.

4. Eat tooth-friendly snacks. Do not eat foods that stick to your teeth.

5. Visit your dentist every six months.
Color the BIG FOUR!

1️⃣ **BRUSH**
2 times each day for 2 minutes

2️⃣ **FLOSS**
1 time each day

3️⃣ **RINSE**
with:
- water
- mouthwash (children 6+)

4️⃣ **REPEAT**
every day!
Color the Toothfairy!
Help the Toothfairy find the tooth!
Find the listed words. They can be up, down, diagonal or backwards.
Color the food. Put an X over the foods that are bad for your teeth. Draw a line from the healthy foods to the tooth.
What is Mr. Tooth saying?

Break the code using the key below.
Fill in each blank with the letter that matches the number.
Unscramble these tooth-related words!

1. uingrbsh
2. siofslng
3. ticabera
4. otbsutohrh
5. peatsohott
6. eqpalu
7. sdnitet
8. mgus
9. cabres

Do you remember the Daily FOUR?

① **BRUSH**
___ times each day for ___ minutes

② **FLOSS**
___ time each day

③ **RINSE**
with _____ or ____________

④ **REPEAT**
_______________!
My Clean Teeth

Color the star on the days you brush your teeth 2 times for 2 minutes.

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Color the tooth on the days you floss between your teeth.

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Get more charts at AmericasToothFairy.org/resources
Healthy food: water, berry, watermelon, carrot.

Cavities are not supposed to happen.

1. brushing, 2. flossing, 3. bacteria, 4. toothbrush, 5. toothpaste, 6. plaque, 7. dentist, 8. gums.

Page 7: Cavities are not supposed to happen.


Page 5: 1 time each day.

Page 4: 2. 2 minutes.

Page 3: 3 times each day for 2 minutes.


Page 1: 1. brushing, 2. flossing, 3. bacteria, 4. toothbrush.

Repeat every day!

Brush 2 times each day for 2 minutes.

Floss 1 time each day.

Rinse after each meal.

5. toothpaste, 6. plaque, 7. dentist, 8. gums.


Page 2: This book belongs to:

________________________________________

For more educational resources visit
AmericasToothFairy.org