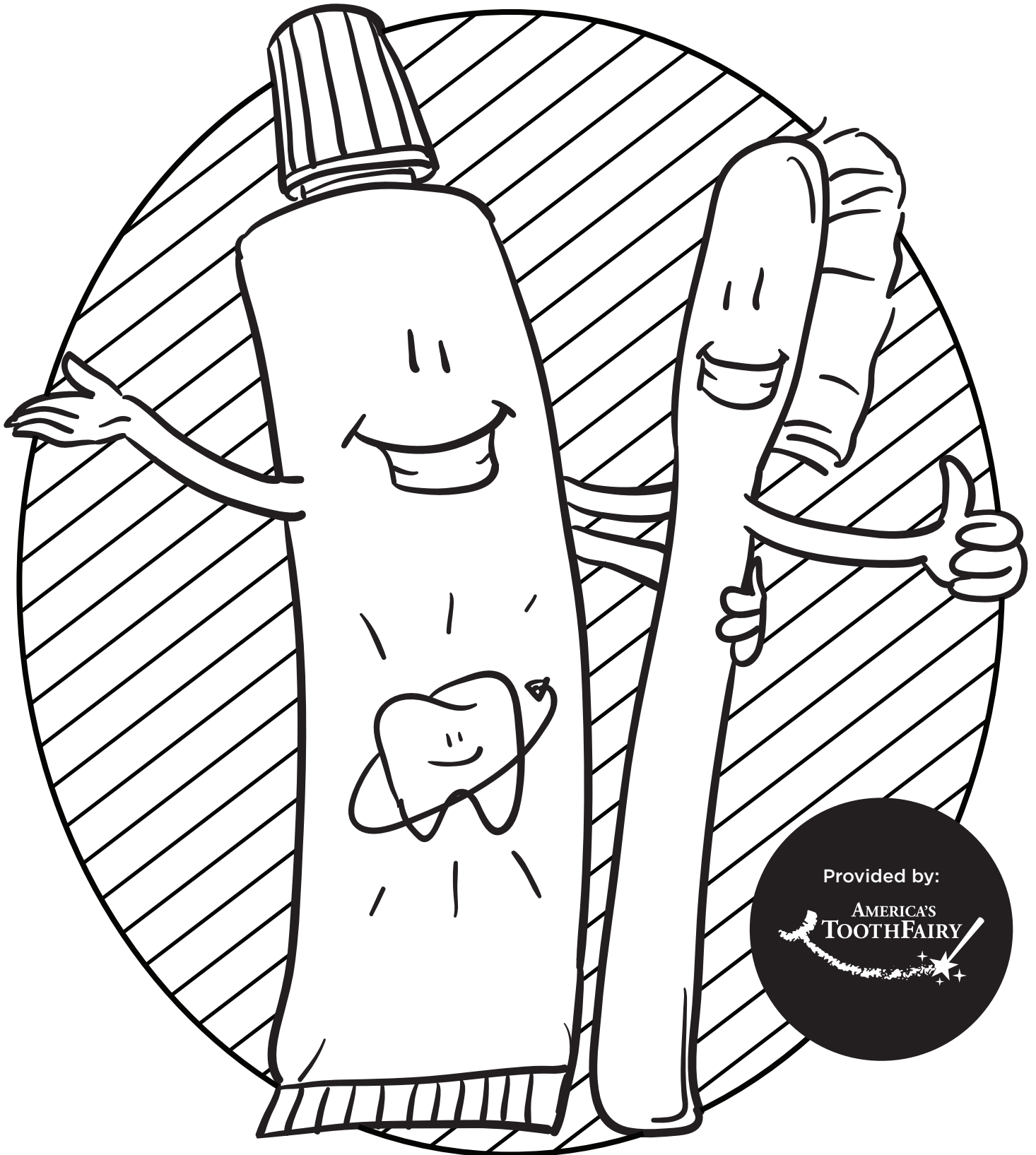


# My Healthy Mouth

Educational Coloring Book for Readers



Provided by:

AMERICA'S  
TOOTHFAIRY



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](http://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

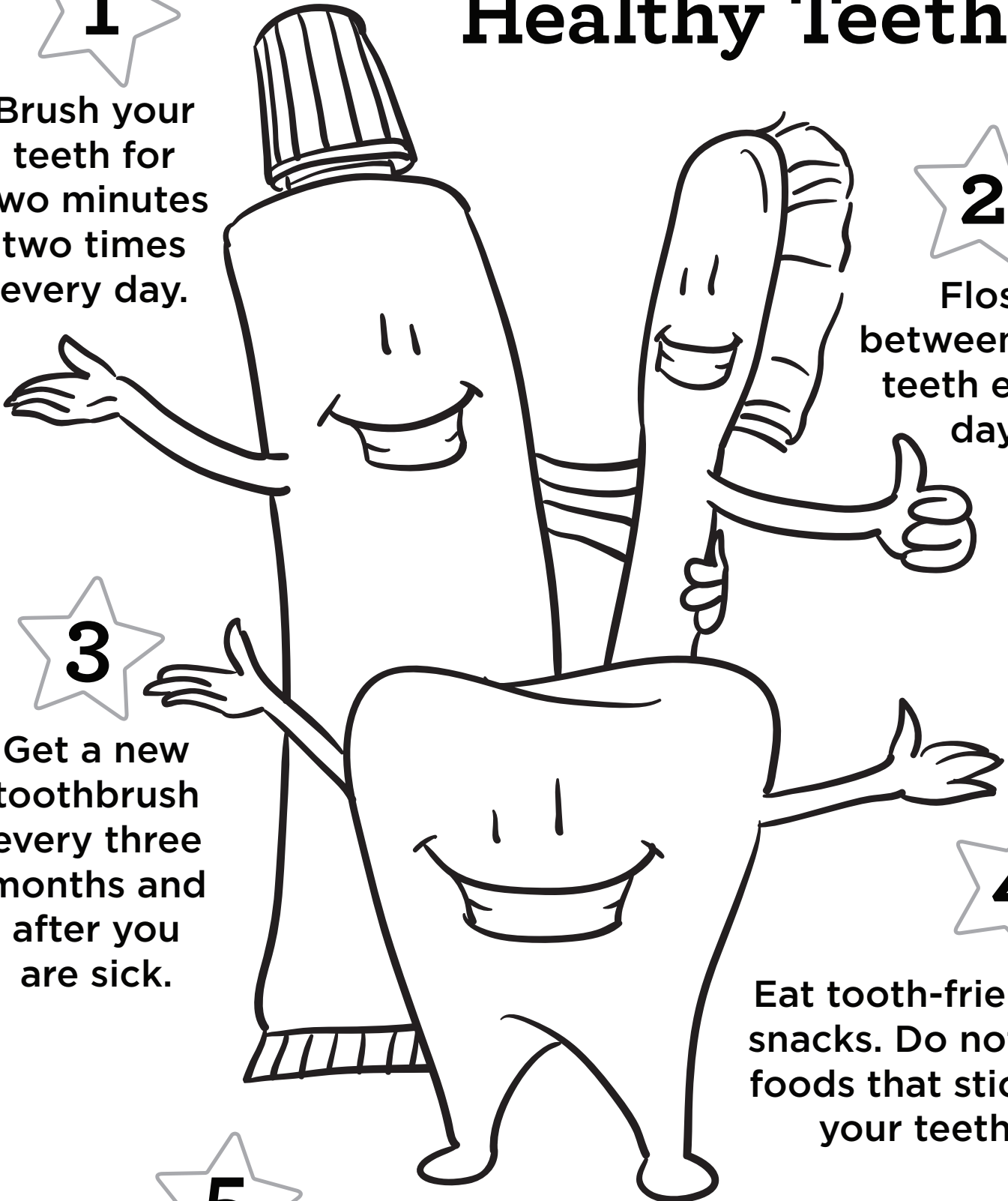
Get a new toothbrush every three months and after you are sick.

4

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

5

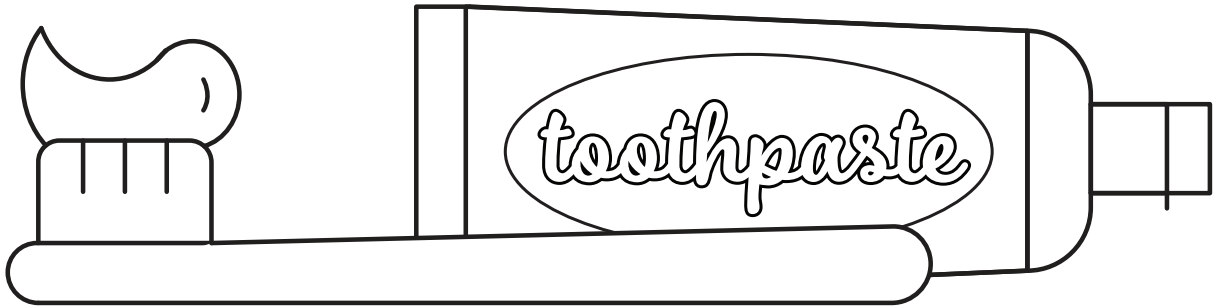
Visit your dentist every six months.



Color the BIG FOUR!

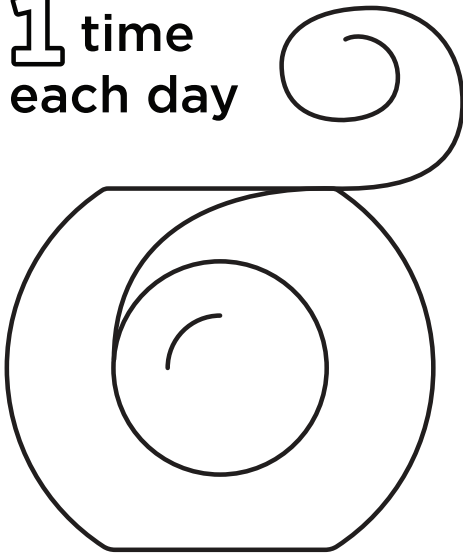
# ① BRUSH

2 times each day for 2 minutes



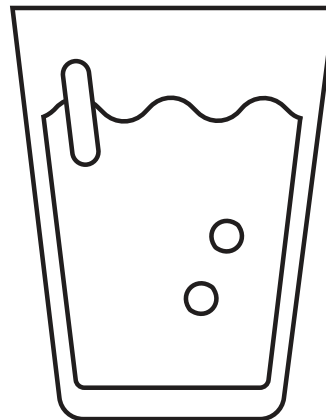
# ② FLOSS

1 time  
each day



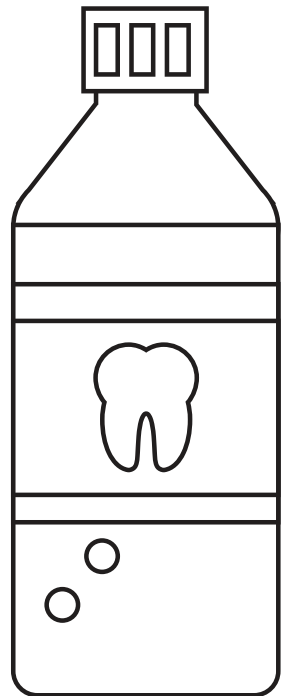
# ③ RINSE

with:



water

or



mouthwash  
(children 6+)

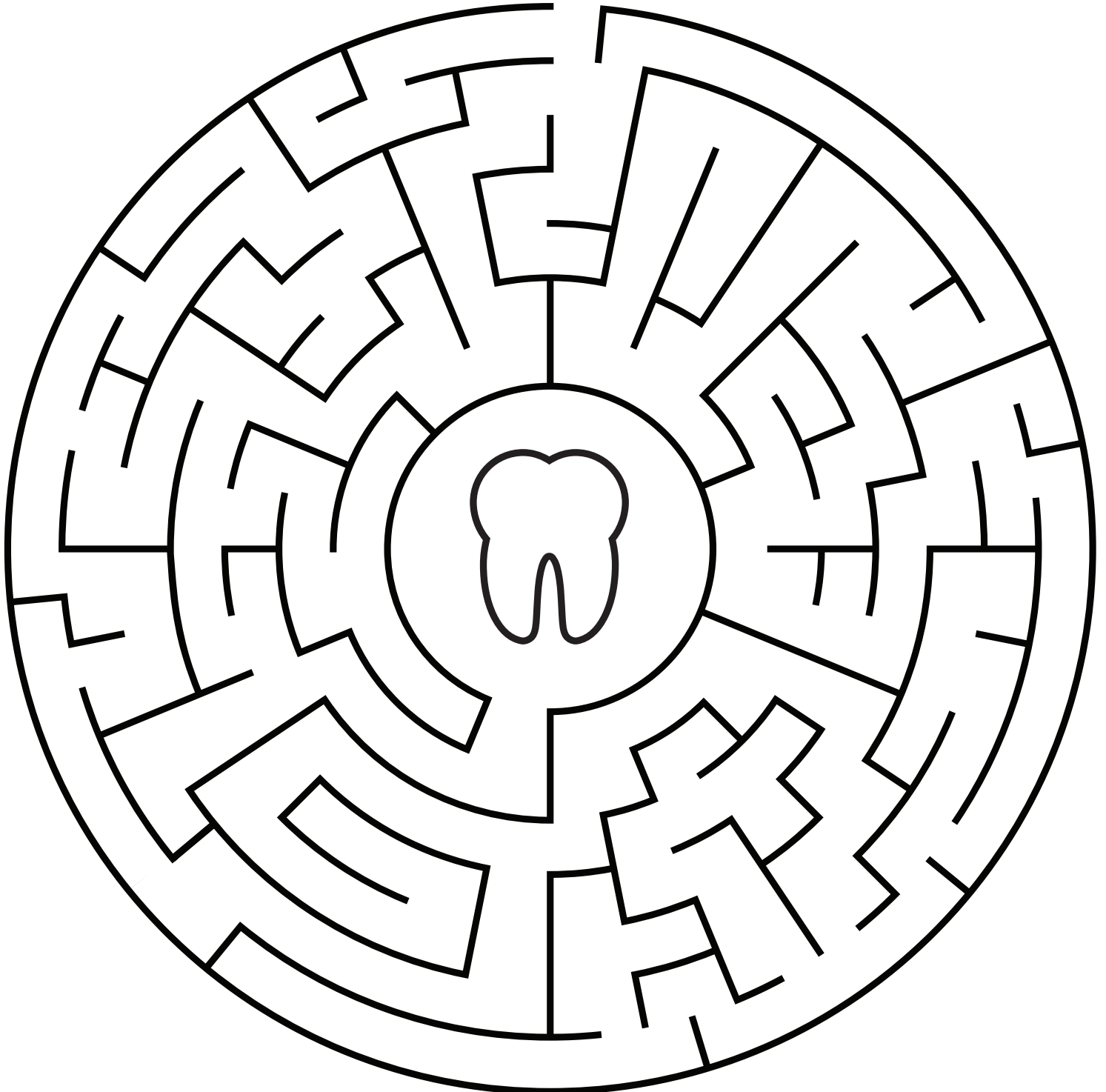
# ④ REPEAT

every day!

Color the Toothfairy!



Help the Toothfairy find the tooth!



Find the listed words. They can be up, down, diagonal or backwards.

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

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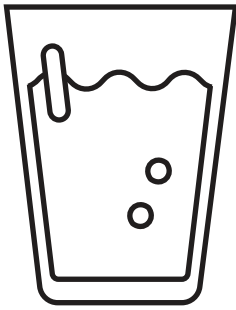
dentist  
brush  
floss  
rinse  
tooth

plaque  
decay  
tooth fairy  
bacteria  
check up

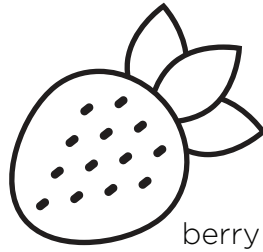
gums  
tongue  
tooth paste  
toothbrush  
fluoride

mouthwash  
x-ray  
cavity  
healthy  
water

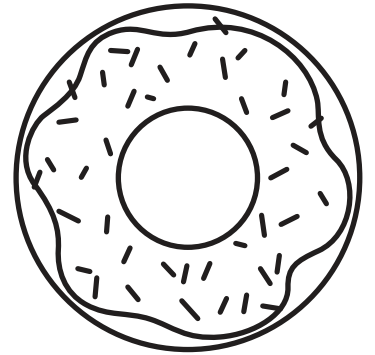
Color the food. Put an X over the foods that bad for your teeth.  
Draw a line from the healthy foods to the tooth.



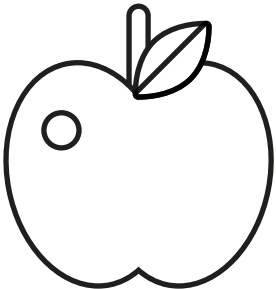
water



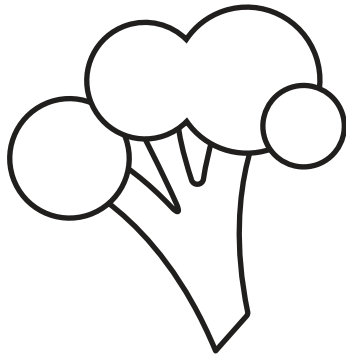
berry



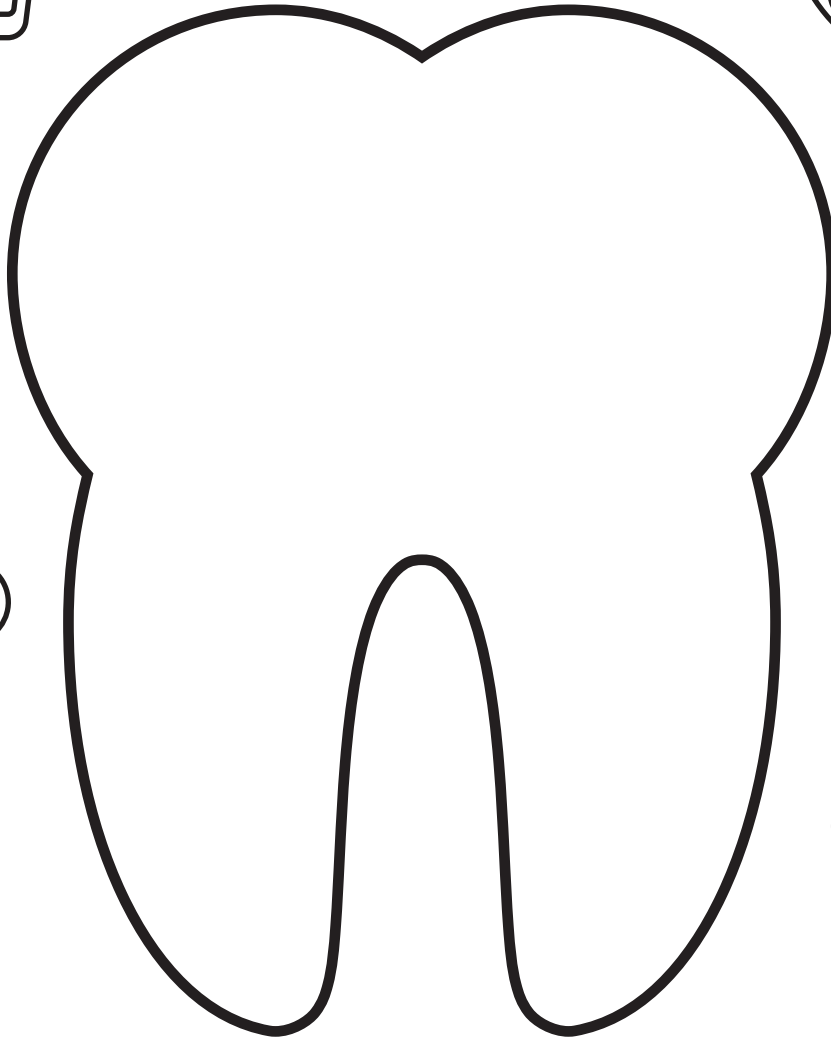
donut



apple



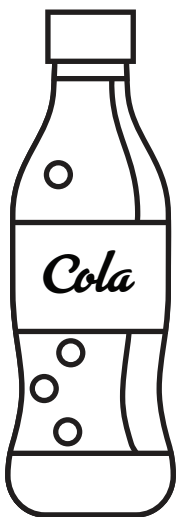
broccoli



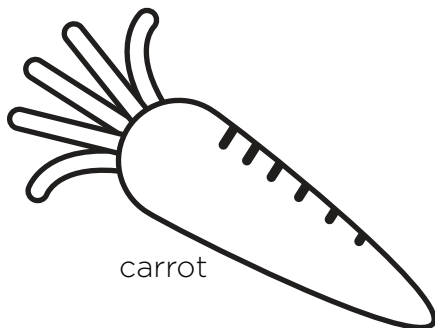
candy



cake



soda



carrot



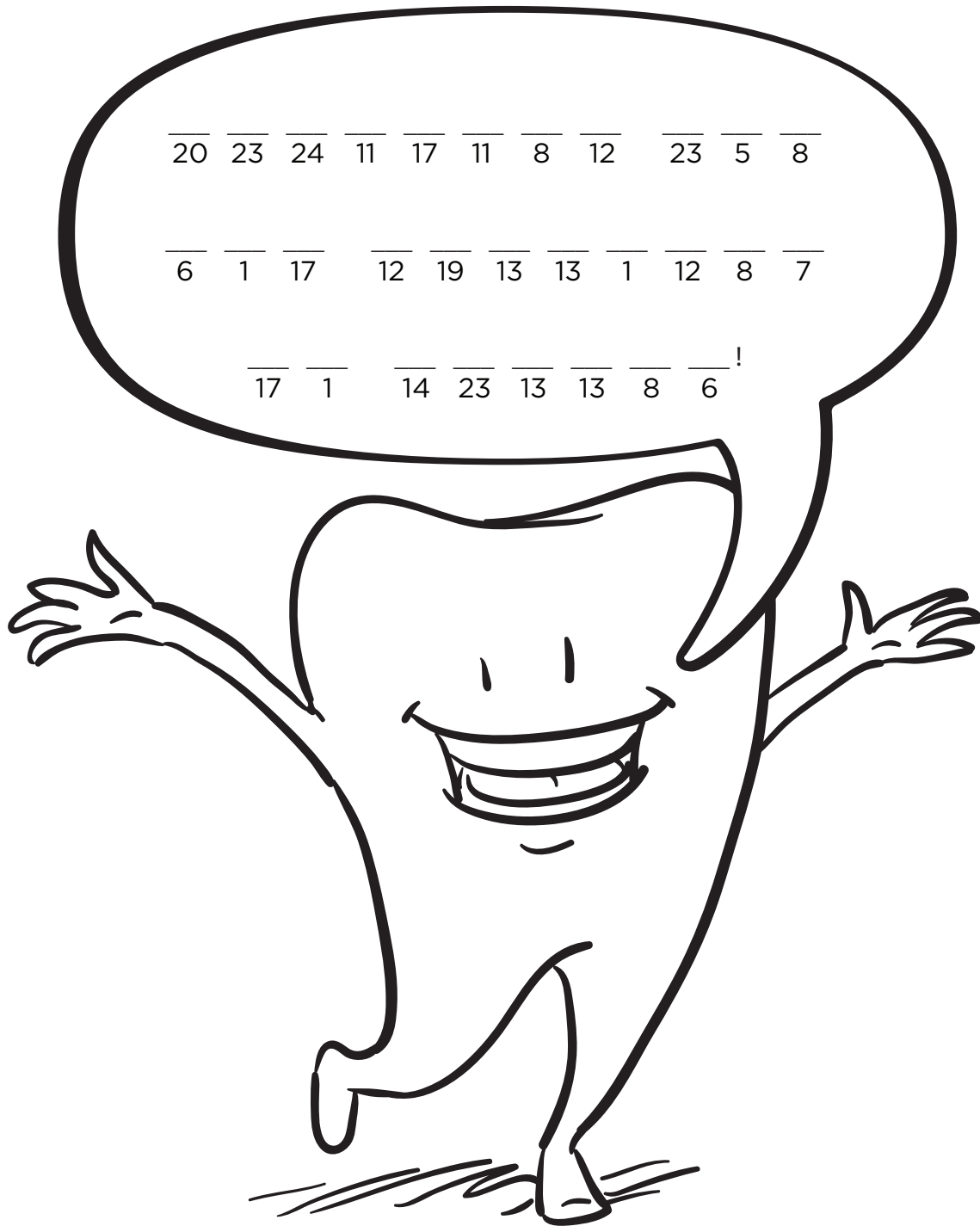
watermelon



# What is Mr. Tooth saying?

Break the code using the key below.

Fill in each blank with the letter that matches the number.

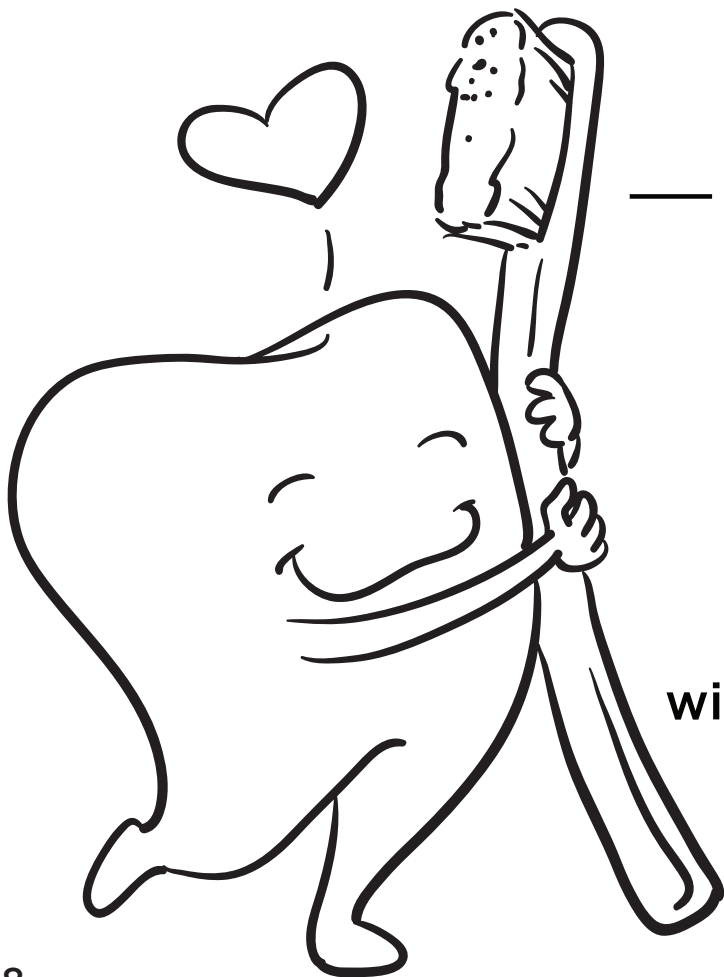


0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Y	O	Z	F	K	R	N	D	E	M	X	I	S	P	H	Q	J	T	L	U	C	W	G	A	V	B

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**

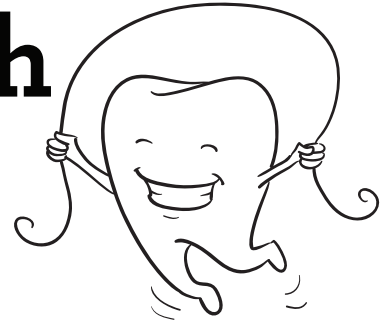
with \_\_\_\_\_ or \_\_\_\_\_

**④ REPEAT**

\_\_\_\_\_!



# My Clean Teeth



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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							

This book belongs to:

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For more educational resources visit  
[AmericasToothFairy.org](http://AmericasToothFairy.org)

**Page 6:** Healthy food: water, berry, watermelon, carrot, broccoli, apple

**Page 7:** Cavities are not supposed to happen.

**Page 8:** 1. brushing, 2. flossing, 3. bacteria, 4. toothbrush, 5. toothpaste, 6. plaque, 7. dentist, 8. gums, 9. braces

Brush 2 times each day for 2 minutes.  
Floss 1 time each day.  
Rinse with water or mouthwash  
Repeat every day!

NUBMDWTEIPWERTYYSZ  
XOXAKDMIANLDAUHIYJ  
XJUCNSMNFVOKOGCOTLGHXE  
WGUJTSSTINEDYCEIBLMBXV  
BRUEHPETHEFJZDEZAFGES  
TRRKKWEPTHAORBWH(EQYR)I  
RXJIRUAEAYTHCLQHCHVEEB  
PKGAOKSAJBOPANVXF.TZFB  
CPAAYODIHTJSOSCYAAEQSK  
MALWSOJPSBFCTICWYNGXU  
RPAVSKOAKRRLTOOTHBRUSHY  
IJOTHPYUAMDMGNBRAIKO  
AUZBTHJMOUWGDFTONGUE  
FEKLTFRWHSLEDRIJAXB  
HXIOLJITGJWJXJGXIINBID  
TEOKRDKYJWBUXMDQRQCLR  
OTKGEAOUJXZUYQSKVANIEZ  
ODDUMSPHAXVEWESNIRYVPK  
TNSUVJLYRGXTLVUKXWKMHG  
FDRIYKHGEBUXIQFLKTFZF

