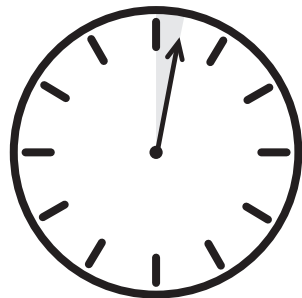


Let's Talk Teeth

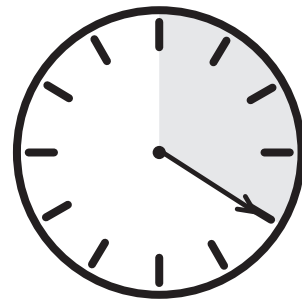
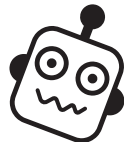


with **Manny**
the Rethink Your Drink Kid

Brush for a healthy
body and read for a
healthy mind!

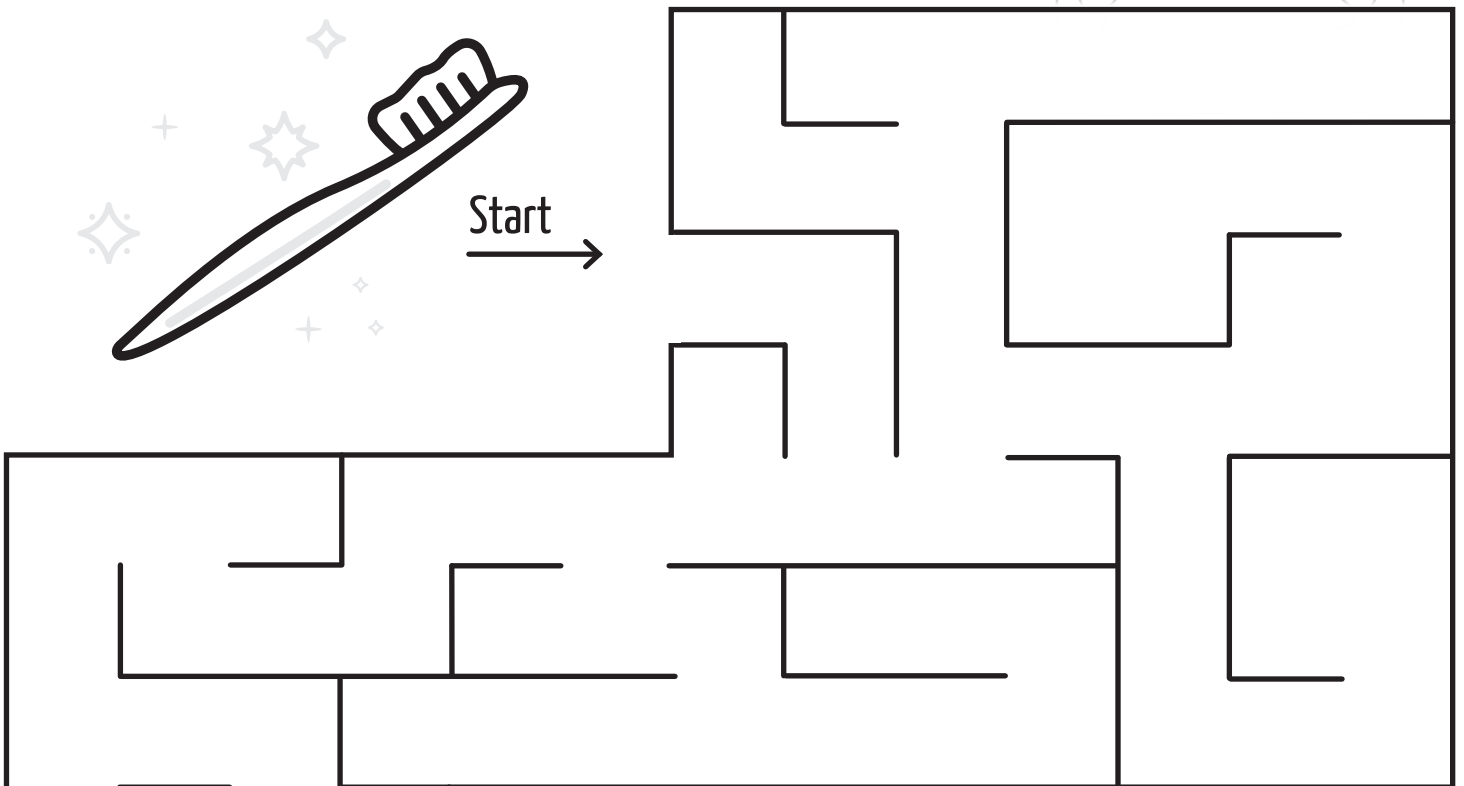


Brush your teeth
2 times a day for
2 minutes each time.

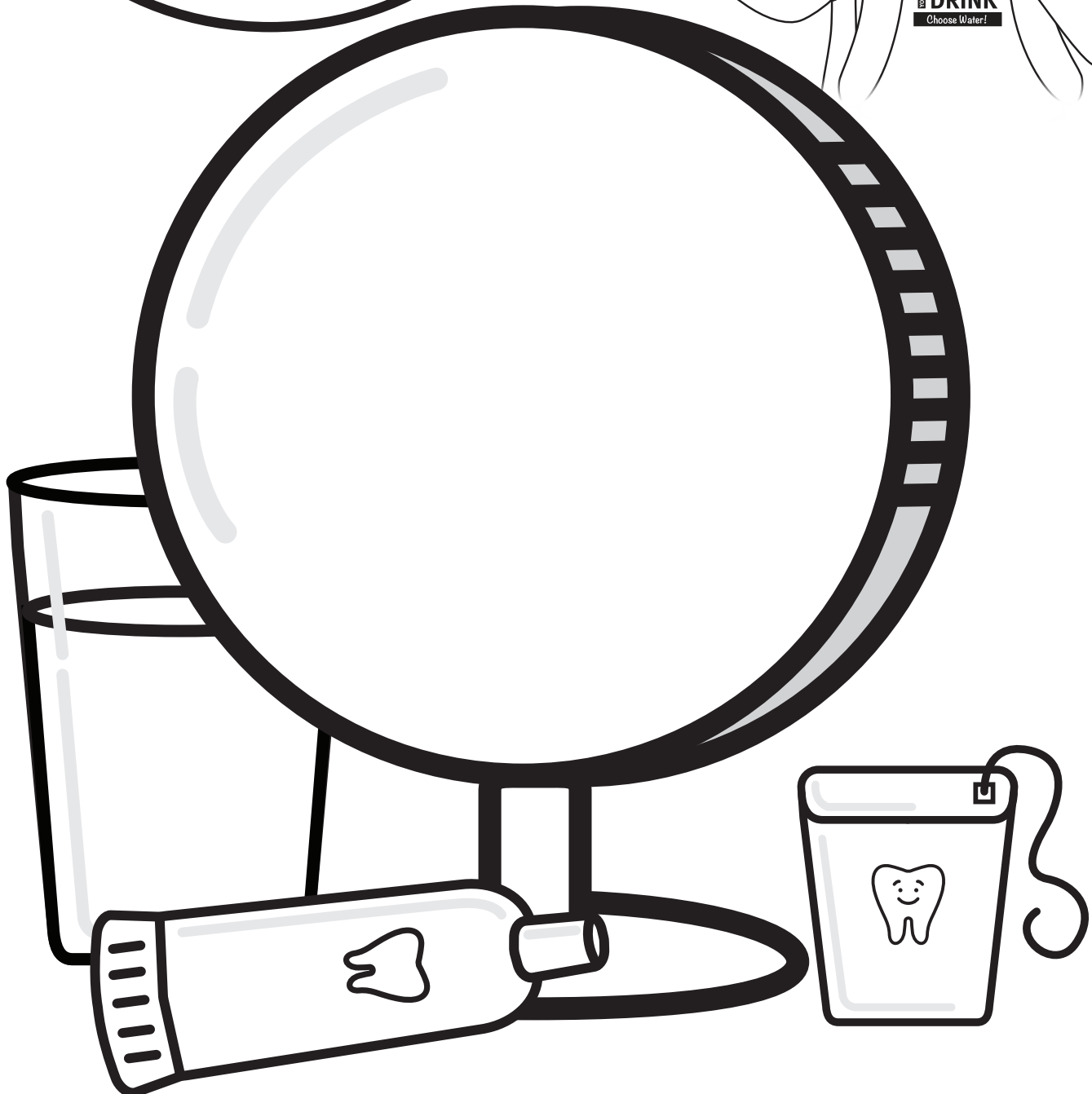


Read for 20 minutes
every day.

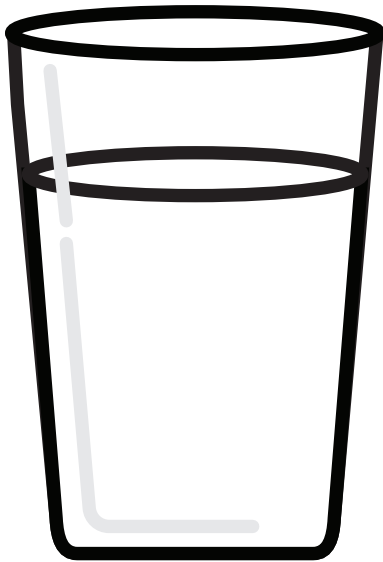
Manny loves a healthy smile!



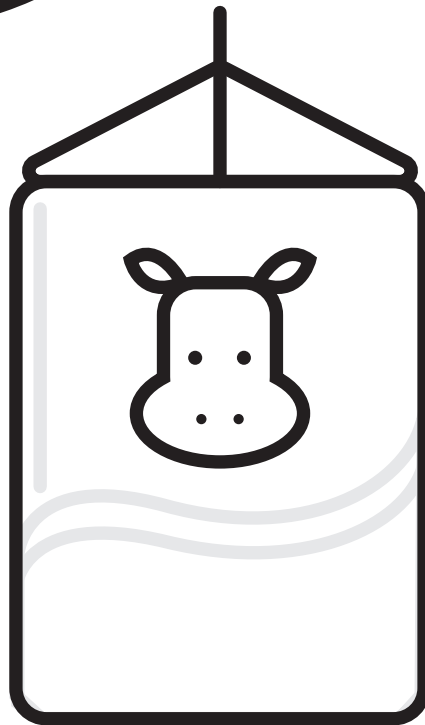
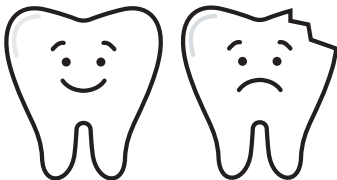
Draw yourself brushing your teeth.



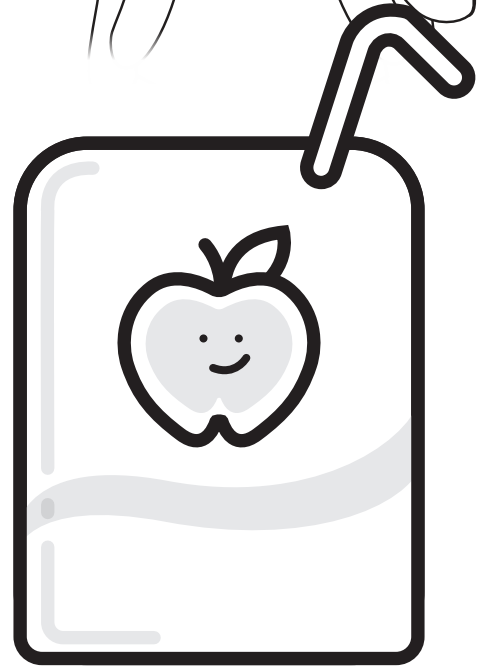
Which drinks are best for teeth?



1. Water



2. Milk



3. Apple Juice

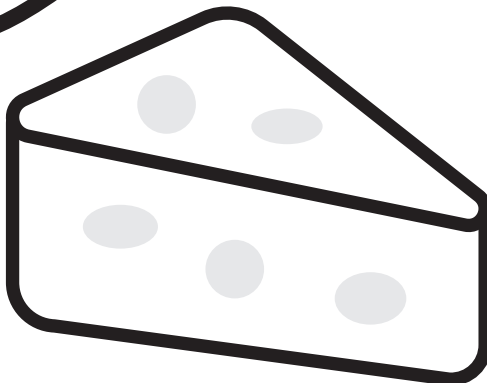
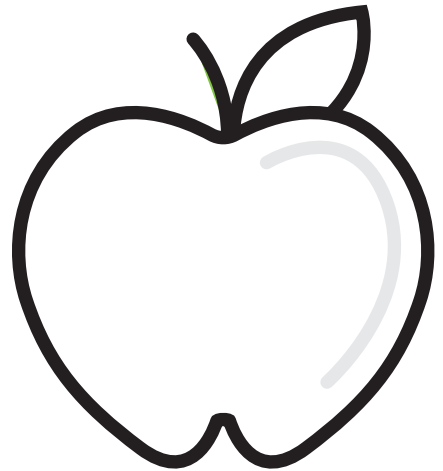
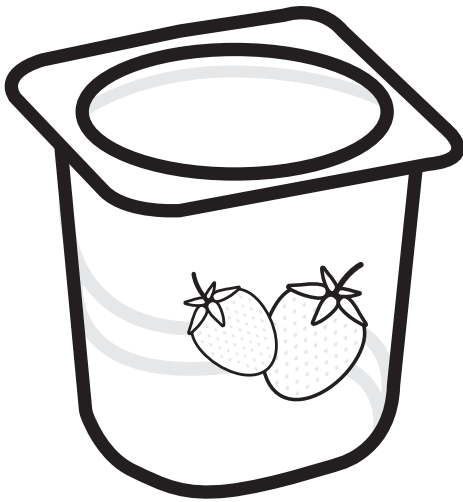
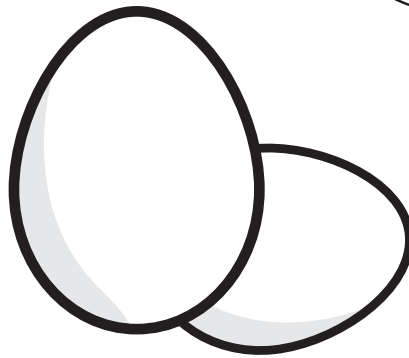


Color in the happy tooth if it is a healthy drink, or a sad tooth if it's a sugary drink which hurts our teeth.

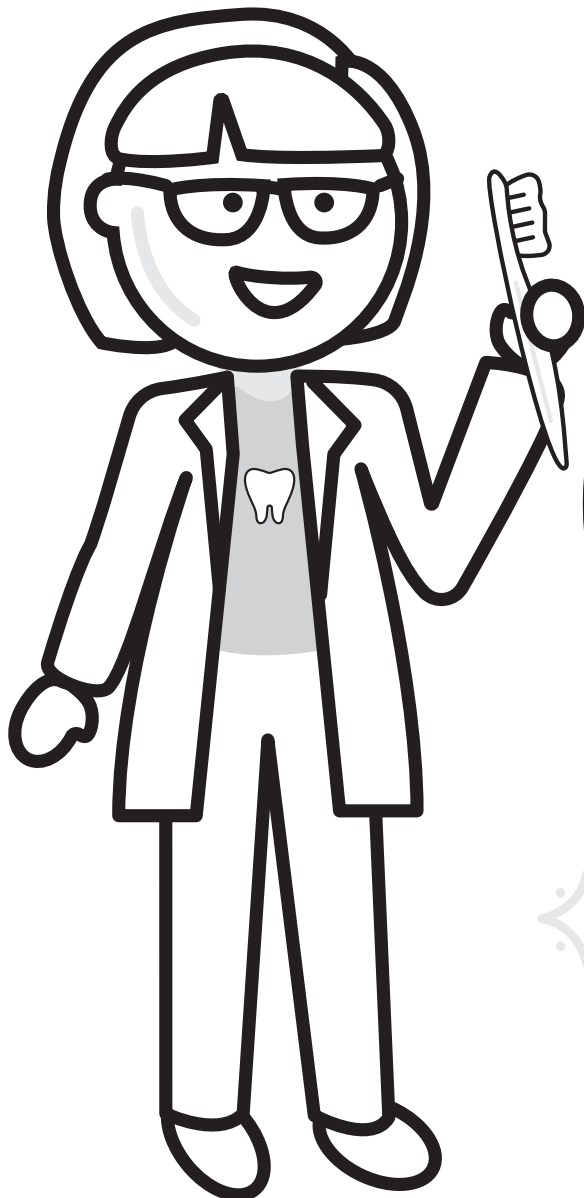
Answers: 1. = 3. = 2. = 3. = 1. =

Eat healthy foods
for strong teeth.

Color your
favorite foods.



Visit the dentist
2 times a year.
The dentist is
your friend!



What do you use
your teeth for?



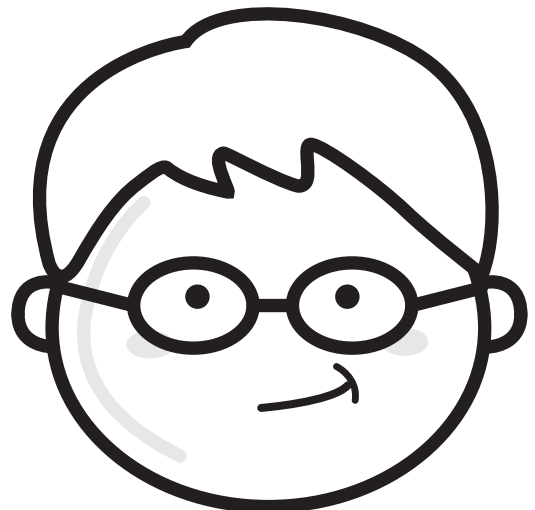
Smiling



Singing



Talking

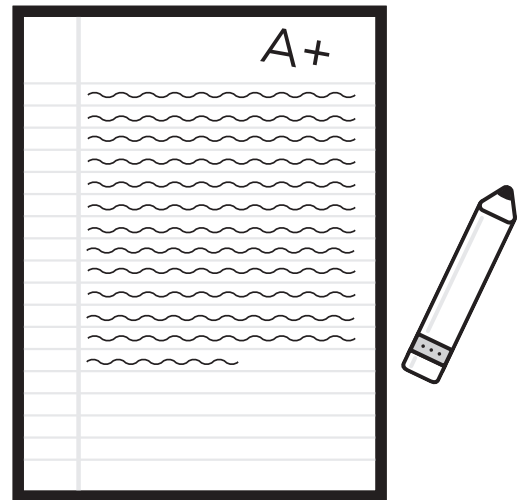


Chewing

Healthy teeth
can help you do
better in school!



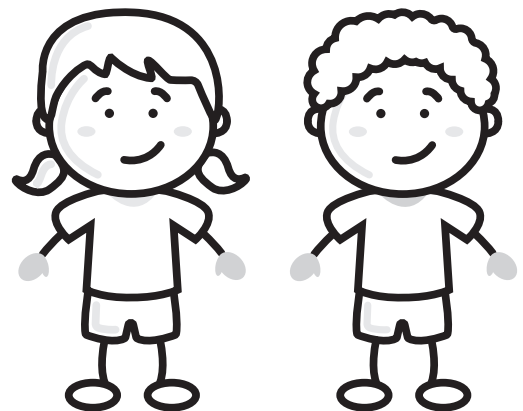
Better rested



Good grades



More healthy days

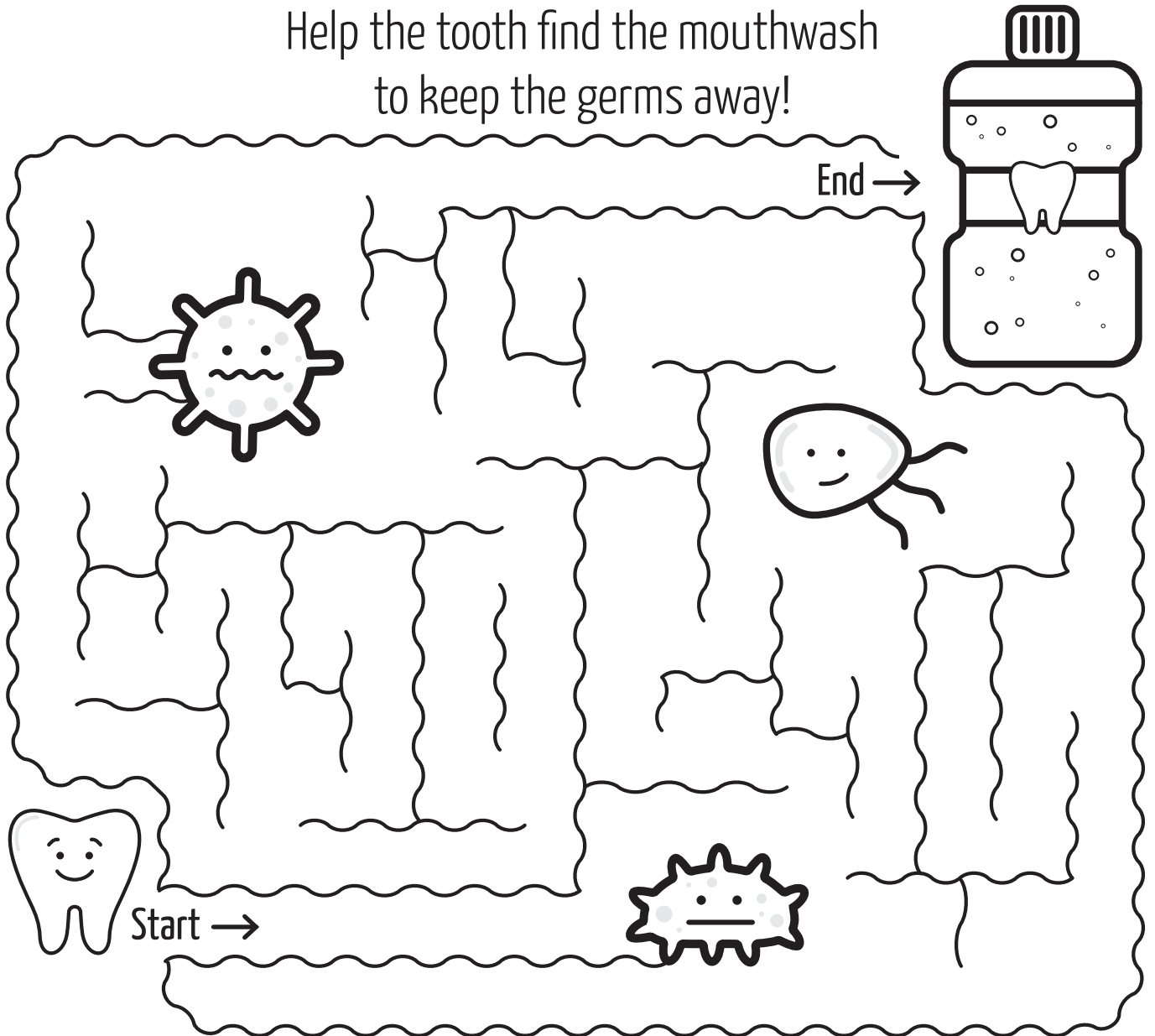


Smiling with friends

Use mouthwash
once a day to keep
germs away from
your teeth!



Help the tooth find the mouthwash
to keep the germs away!



Help Manny find
the hidden words!



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









DENTIST
 FLOSS
 TOOTHPASTE
 TOOTHBRUSH
 SMILE
 GUMS
 MILK
 HEALTHY
 GERMS
 WATER
 CLEAN



Your child's teeth are important!

Children with dental problems have trouble smiling, eating, sleeping, concentrating and learning in school. **Kids miss 51 million hours of school a year due to oral health problems** - most of which can be prevented.

A healthy smile starts with healthy habits

-  **Brush 2 times a day for 2 minutes each time**
-  **Floss once a day**
-  **Use mouthwash once a day**
-  **Choose water or milk; skip soda pop or juice**
-  **Eat healthy foods, low in sugar**
-  **Schedule regular dentist visits**



Visit the Delta Dental website for your state to find resources and information.

Michigan www.deltadentalmi.com
Ohio www.deltadentaloh.com
Indiana www.deltadentalin.com
North Carolina <https://northcarolina.deltadental.com>