

A CHILD'S GUIDE TO

DENTAL CARE

INSIDE:
GAMES • PUZZLE
COLORING FUN

ACTIVITY COLORING BOOK

David W. Piper, DMD
Family Dentistry

7500 Bryan Dairy Road, Ste C · Largo, Florida 33777

Phone (727) 548-7100 Fax (727) 548-7109

www.mouthdocs.com · mouthdocs@gmail.com

It's important to make the right choices when you are eating between meals.

CHOOSE

Healthy Snacks

PICK FOODS FROM THE FOOD PYRAMID

STAY AWAY FROM SWEETS LIKE CANDY, SUGARY TREATS AND SOFT DRINKS.

OTHER

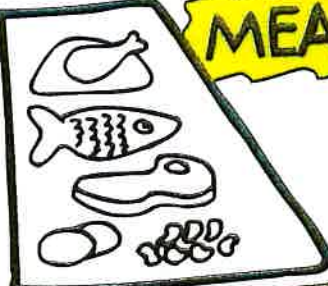


FRESH FRUITS AND VEGETABLES LIKE APPLES AND CARROTS ARE GOOD SNACKS!

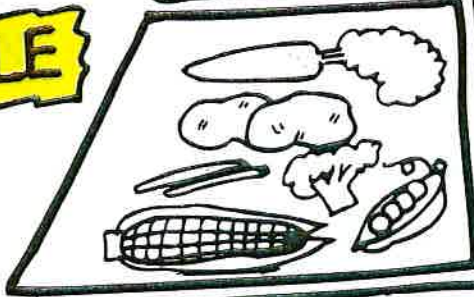
MILK



MEAT



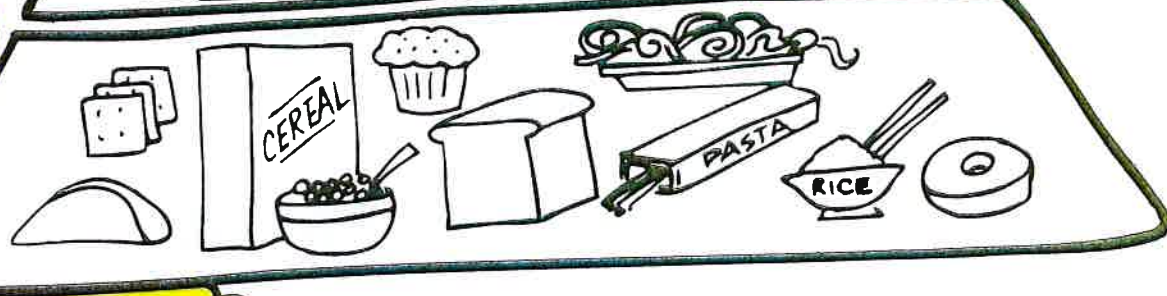
VEGETABLE



FRUIT



BREADS AND CEREALS



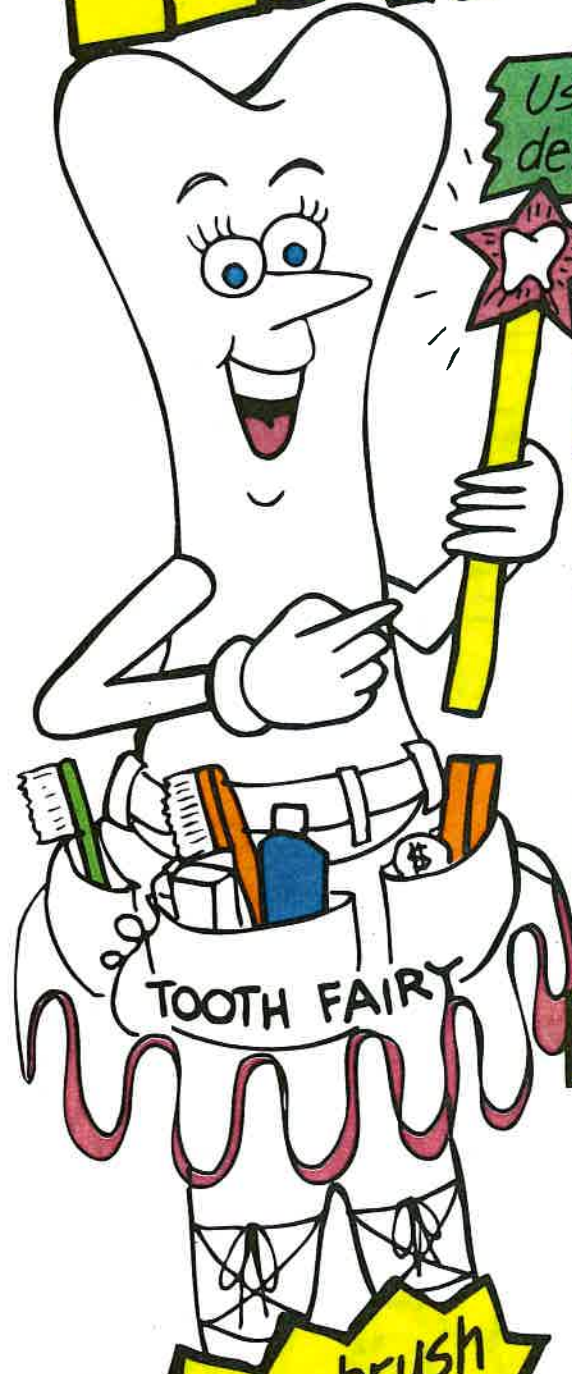
WHAT IS YOUR FAVORITE HEALTHY SNACK?

(WRITE DOWN YOUR ANSWER HERE)

TIPS FROM THE TOOTH FAIRY

How to brush

Use a soft toothbrush - the kind your dentist and hygienist tell you to use.



1.

Apply your toothpaste.
(Use a pea size amount.)



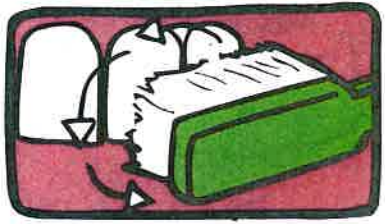
2.

Brush your front teeth.



3.

Brush in a circular motion.



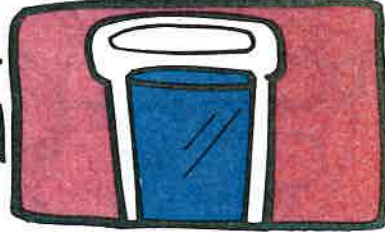
4.

Brush your back teeth.



5.

Rinse your mouth and teeth.



After you brush your teeth, THEN IT'S TIME TO **FLOSS**

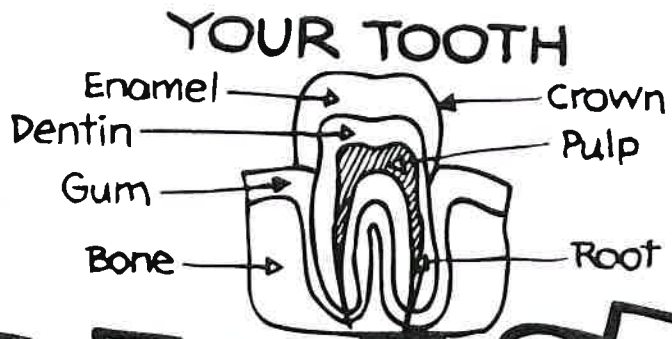
THIS IS HOW YOU CLEAN BETWEEN YOUR TEETH AND GUMS...
(HAVE AN ADULT HELP YOU)



Our teeth come in all sizes and shapes but they all work the same way.



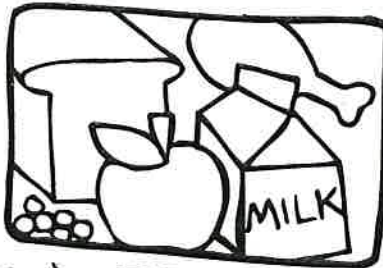
We all need to keep our teeth healthy, shiny and bright.



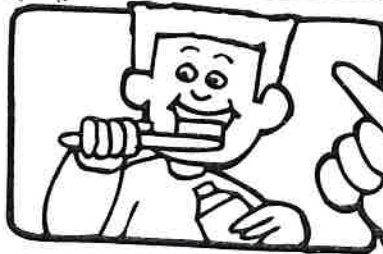
FOLLOW GOOD

Dental Habits

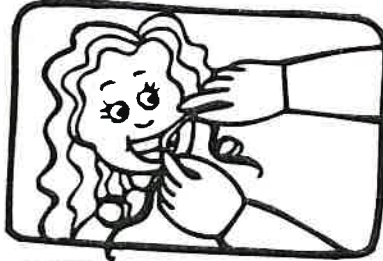
1 Eat good foods.



2 Brush your teeth.
(After meals, not before!)



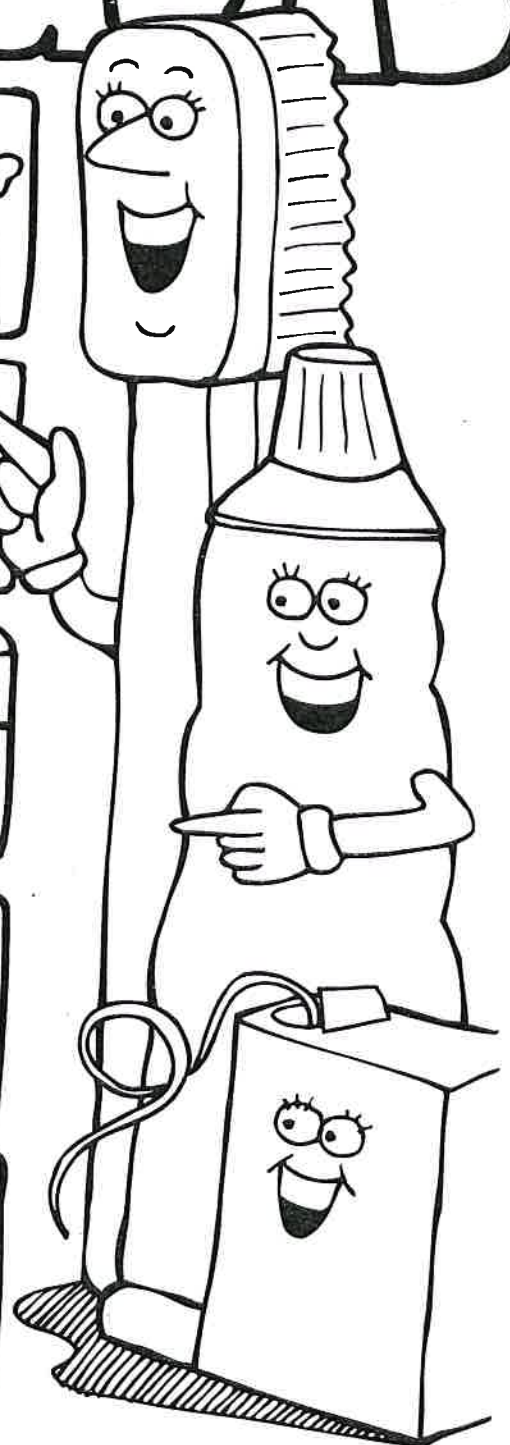
3 Floss your teeth.
(Have an adult help you!)



4 Don't eat too many sweets.



5 Visit your dentist regularly.



The Dentist

DRAW A
PICTURE
OF YOUR FRIEND THE
DENTIST

The DENTIST will...

- examine your teeth and gums.
- fix cavities.
- do any dental work that is needed.

Sealants

Applying SEALANTS (plastic material) to your molars is one way to PREVENT TOOTH DECAY!



YOUR VISIT
TO THE

Dentist Office

YOUR
DENTAL
HYGIENIST
and your
DENTIST
WORK TOGETHER
AS A TEAM!

The Dental Hygienist

DRAW
A PICTURE
OF YOUR FRIEND
THE
DENTAL
HYGIENIST

The DENTAL
HYGIENIST will...

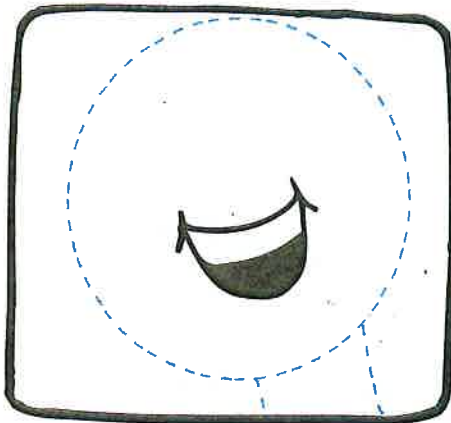
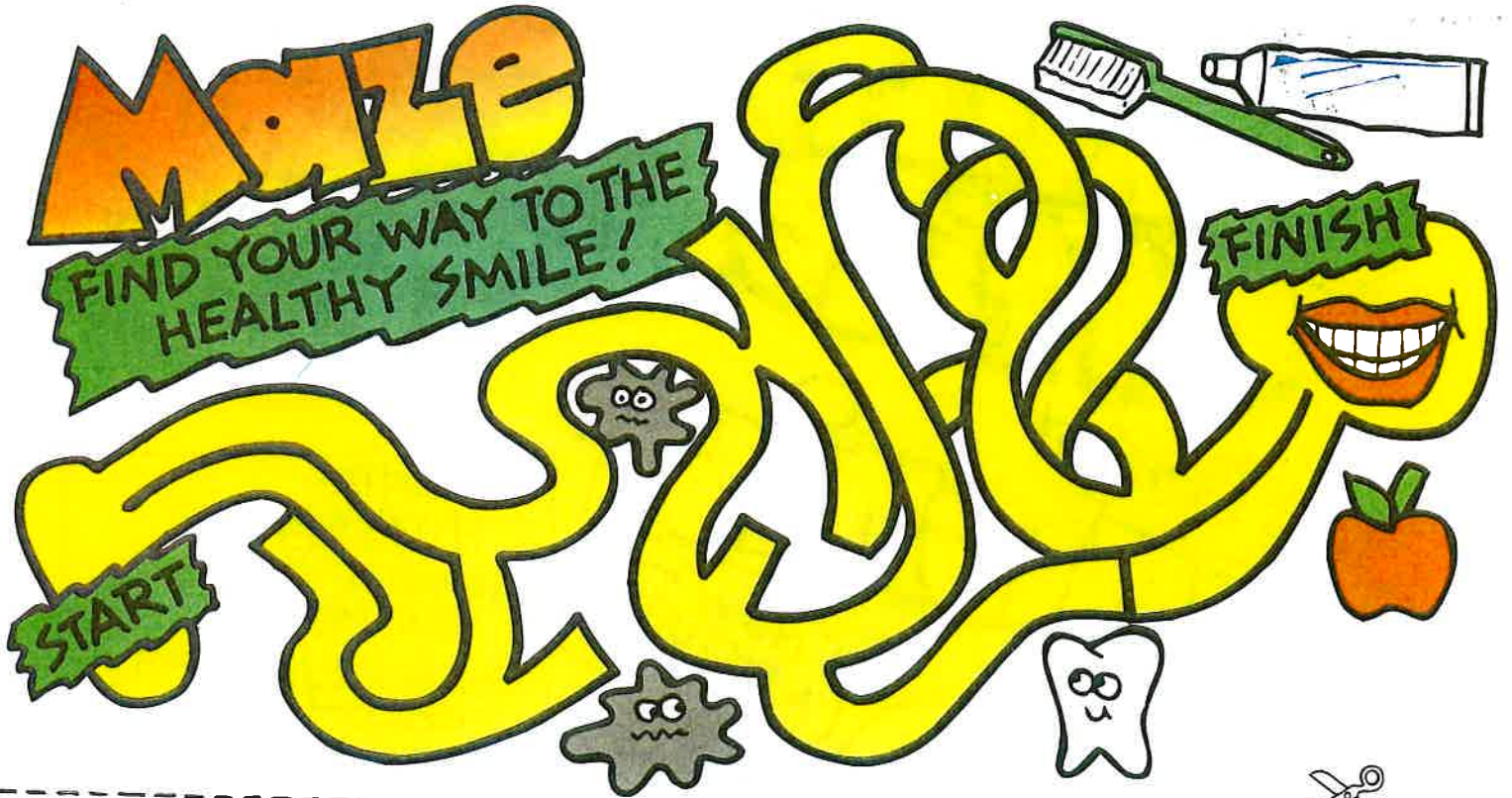
- clean and floss your teeth.
- check your teeth and gums.
- take X-rays if needed.
- show you how to brush and floss.
- apply fluoride and sealants.

THE
CHAIR YOU
SIT ON IS
PRETTY
AWESOME!

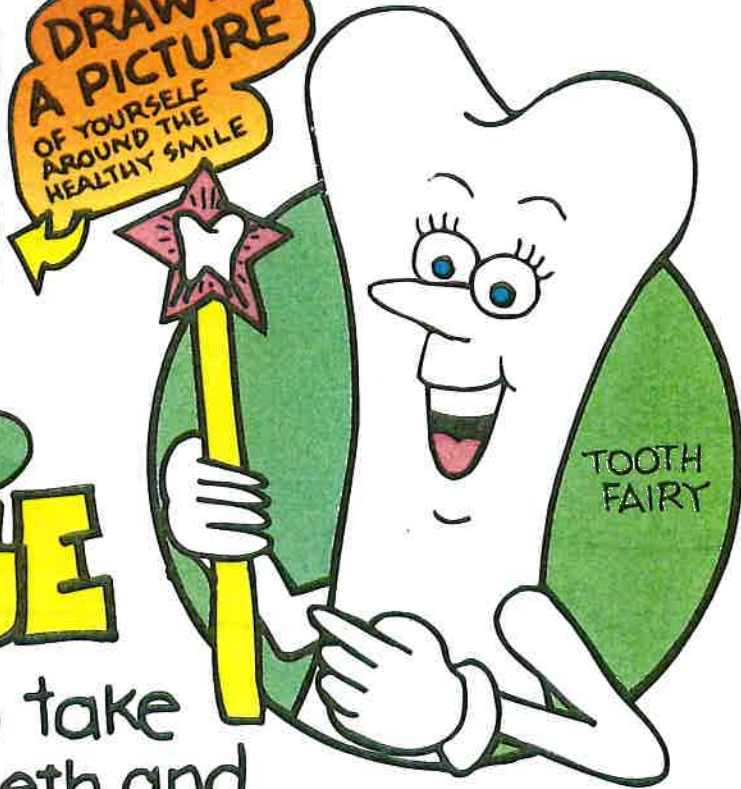
WHEN THE DENTAL HYGIENIST IS FINISHED,
THE DENTIST WILL BEGIN THE EXAM...

MAZE

FIND YOUR WAY TO THE HEALTHY SMILE!



DRAW A PICTURE OF YOURSELF AROUND THE HEALTHY SMILE



DENTAL CARE PLEDGE

I promise to take care of my teeth and follow

GOOD DENTAL HABITS

Name _____