DELTA DENTAL®

CELEBRATING THE POWER OF A HEALTHY SMILE

grin!® for KIDS

Friends make you smile!

Meet Flossie and Buddy. They're BFFs (best furry friends) who make each other grin. They're "pawsitively" excited to meow and bark about their two favorite things — friendship and healthy smiles.

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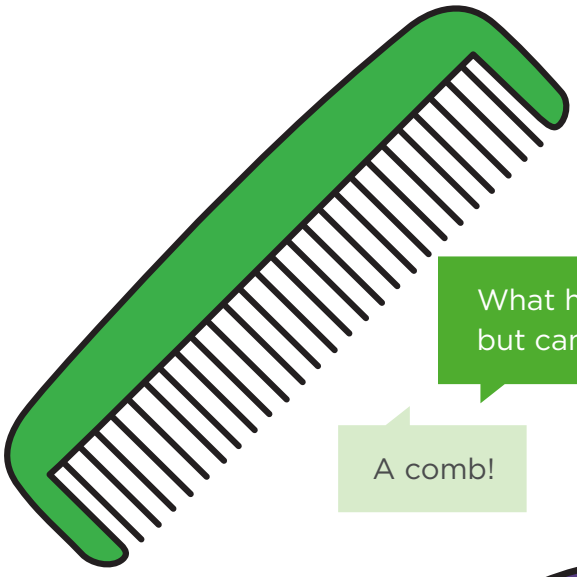
Chuckle corner



What has teeth but cannot chew?

A comb!

What does a mouse use to floss its teeth?

String cheese!

What happens when it rains cats and dogs?

You could step in a poodle.

Brush up on your brushing facts

Flossie loves to be brushed. It makes her purr. She loves to brush her teeth, too. That way they stay in great shape for munching on cat treats. Yum. Yum. Show how much you know about brushing your teeth by picking the "purr-fect" answers to these questions. Then check out the answers at the bottom of the page to see how you did.

ACTIVITY

How often should you brush your teeth?

(A) Only when your breath gets smelly
(B) Once a day — just in the morning
(C) Twice a day — especially morning and bedtime

When should you replace your toothbrush?

(A) About every three months
(B) When most of the bristles fall off
(C) Never — keep the same one forever

Which of these are OK to eat or drink after brushing at bedtime?

(A) Water
(B) Everything
(C) Orange juice and peanut butter

Which teeth are the hardest to reach when you brush?

(A) False teeth
(B) Incisors in front
(C) Molars in back

How much toothpaste should you use each time you brush?

(A) The whole tube
(B) A dab the size of a pea
(C) Enough to cover all the bristles

What mineral should your toothpaste have to keep your teeth strong?

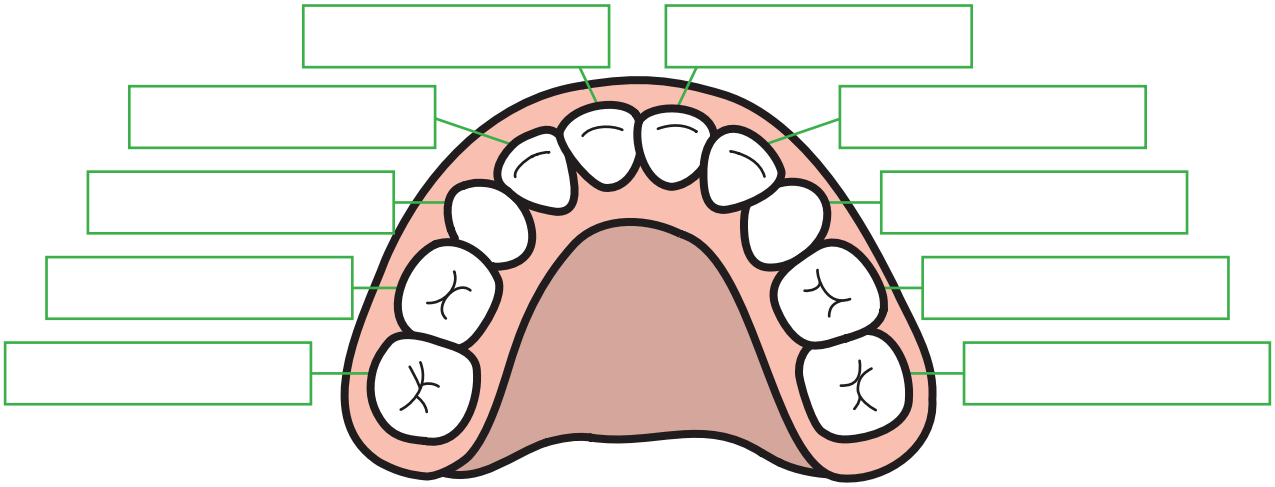
(A) Florida
(B) Fluoride
(C) Chloride

Answers: C, A, A, C, B, B

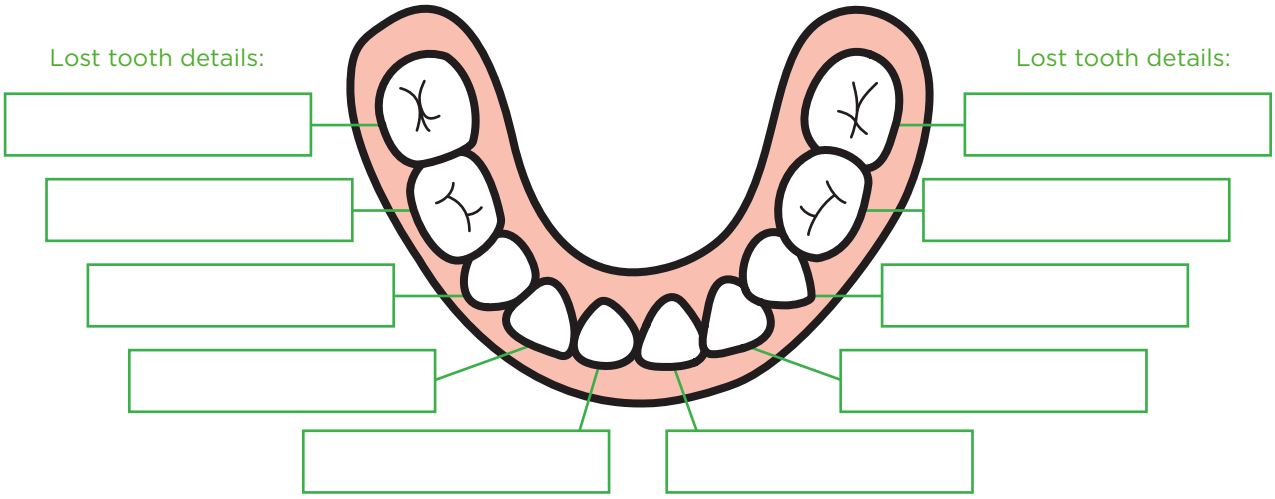
Track your lost teeth

When you lose a tooth, color it on your Tooth Tracker. Write down details like your age and where you lost the tooth.

Lost tooth details:



Lost tooth details:



Lost tooth details:

You'll lose 20 baby teeth but get 32 adult teeth. How many teeth will you gain?

Ⓐ 16 Ⓑ 10 Ⓒ 12

Answer: C

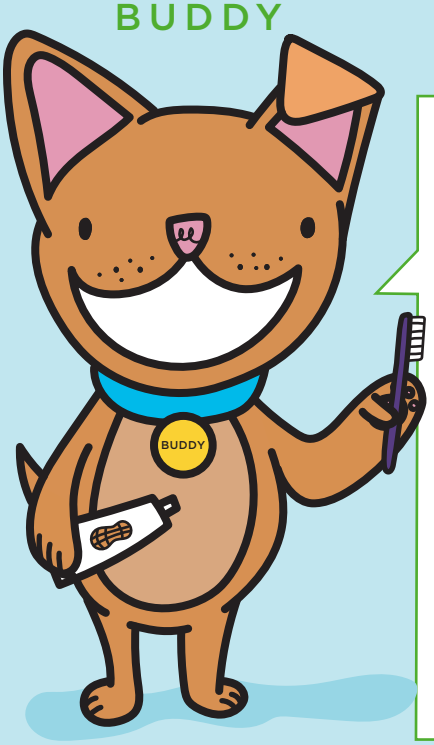
ARTICLE

YOUR PET PROJECT:

taking great care of animals' teeth

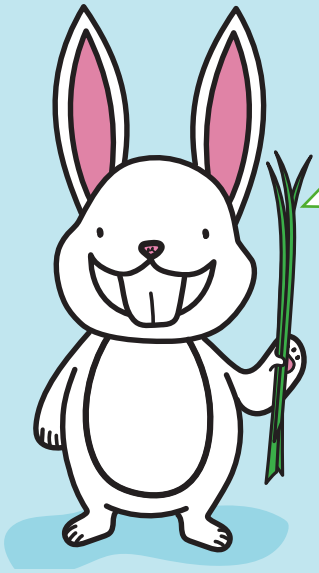
Here's a great way to be a good friend to pets: Help them keep their teeth healthy. Pet owners should always talk to their veterinarians (vets for short) about the best way to care for their furry (and non-furry) best friends. Here's what Buddy, Flossie and their pals want you to know about their smiles!

BUDDY



My teeth get brushed regularly. But only with dog toothpaste, because human toothpaste isn't good for me. I have dog treats and chews that help clean my teeth, too. Just like you can clean your teeth by eating crunchy apples and carrots. And I can get my teeth cleaned by the vet, just like you get yours cleaned at the dentist's office.

BUNNINGTON



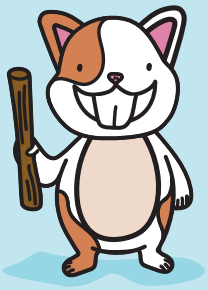
I don't have to brush my teeth. They keep growing fast and I wear them back down by chewing hay, grass, twigs and leafy vegetables. A grown-up checks my teeth regularly to make sure they are straight, white and not too long or sharp. If anything looks wrong, it's time for me to visit the vet.

TIPTOE

Guess what? I don't have any teeth! But I do have to keep my mouth healthy. I can get sick with something called "mouth rot." That's why I eat fruits, vegetables and meat, and drink fresh water. It keeps me moving. Slowly. LOL!

HAMMY

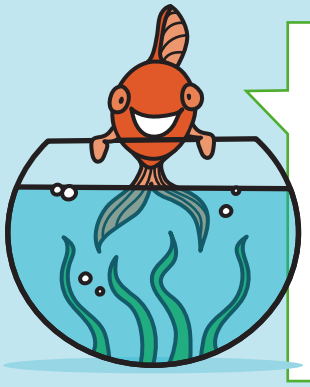
My front teeth never stop growing! If they get too long, it could make it hard for me to eat. And I love to eat! That's why I need soft, wooden chew toys. They keep my teeth from getting too long. Pretty cool, huh? I need healthy food, just like you. Fresh fruits and veggies, pellet food and water are my favorites.



FLOSSIE

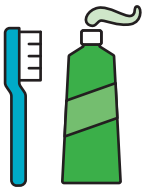
My teeth get brushed, too, with a special brush and toothpaste. No human toothpaste for me, please! I love the fishy flavor of cat toothpaste! Just like Buddy, I eat treats that help clean my teeth. The vet also checks my teeth and lets me know if I need a cleaning. I love being clean!

GOLDIE

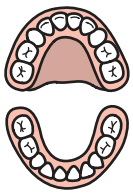


Believe it or not, I have teeth in the back of my throat. They grind up food so I can swallow it. And when I lose a tooth, I just grow a new one! You couldn't brush my teeth if you tried. Keep my tank clean and feed me healthy fish food so things will go swimmingly.

Don't forget to be a good friend to your own smile!



Brush twice a day with fluoride toothpaste for two minutes each time.

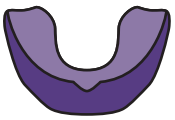


Make sure you brush those teeth way in the back, too.

Listen to a song while you brush to make sure you've brushed long enough.

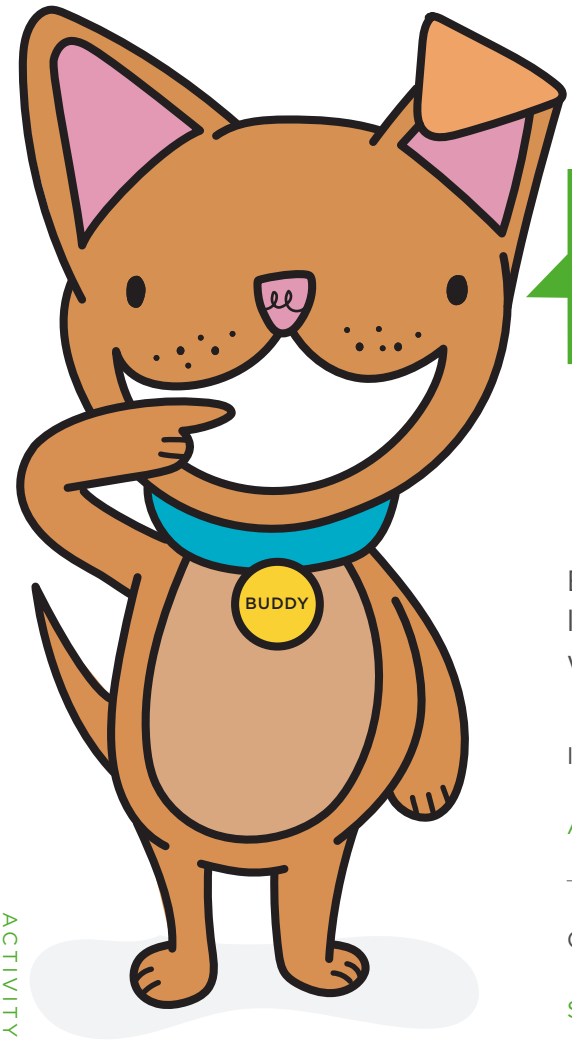
Floss between your teeth every day.

See your dentist regularly for a checkup and cleaning.



Wear a mouth guard for sports and activities.

Choose healthy foods and drinks.



A cavity is a hole in your tooth. Cavities can cause pain and make it hard to eat your favorite foods. That's "ruff!"

ACTIVITY

Rhyme for a reason

Buddy has made up some rhymes that will help you learn how to keep cavities away. You just need to fill in the last word. Check the answers below to see if you rhymed right.

I've gone to the vet since I was a pup.

And you visit the dentist for a __ __ __ __ __ __ __.

Cavities are caused by tooth decay.

So, make sure to brush twice a __ __ __.

I show those cavities who is boss.

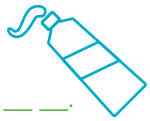
Every day I use my __ __ __ __ __.

Here's a tip. I think you should try it.

Don't have too much sugar as part of your __ __ __ __.

Get a kind that you like to taste.

And make sure there's fluoride in your __ __ __ __ __ __ __ __ __ __.



They taste good and clean your teeth to boot.

Eat lots of crunchy veggies and __ __ __ __ __.

Answers: checkup, day, floss, diet, toothpaste, fruit

It's wise to exercise

Exercise is good for kids *and* animals. It helps build strong bones and muscles. It can make you happier. And it may even prevent problems that could hurt your smile. So, join your friends and enjoy the great outdoors!

Color Flossie and Buddy!

When should I wear my mouth guard?

A mouth guard is a plastic piece that fits in your mouth and around your teeth to help protect them. It also helps keep your gums and lips safe. Maybe you've seen football players wear mouth guards. But it's not just for football. Wear a mouth guard when playing any sports or activities like the ones below.

Baseball	Gymnastics	Skateboarding	Softball
Basketball	Hockey	Skating	Volleyball
Biking	Karate	Soccer	Wrestling

Now find and circle those sports and activities in this word find game. Look up, down, forward and on the diagonal. Cross each one out on the list as you find them.

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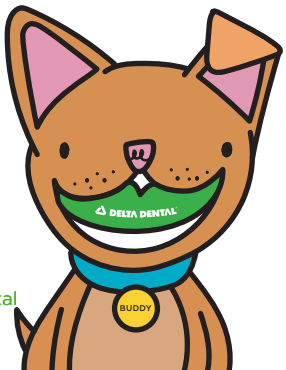
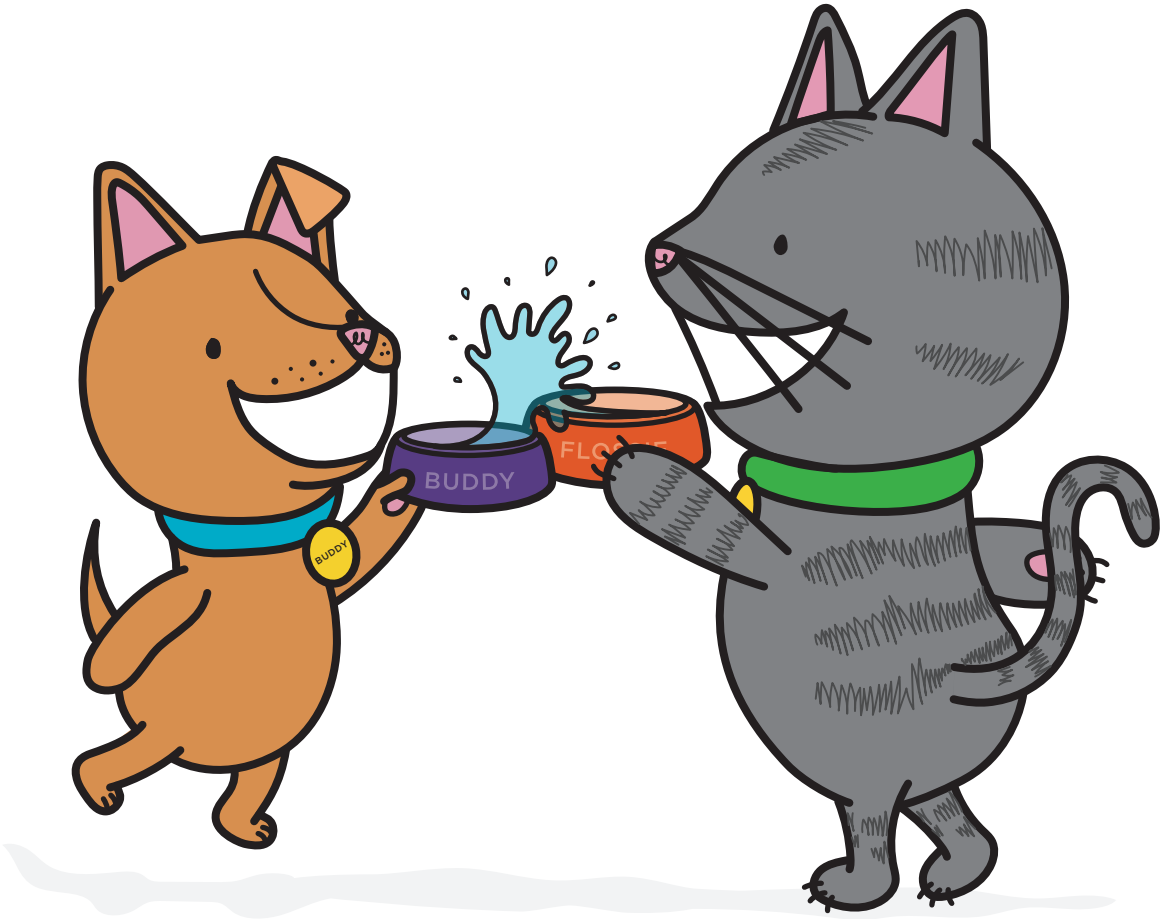


The truth about water will bowl you over

If you have a pet, you should always make sure their water bowl is full. Water helps keep animals healthy. Well, guess what? You need lots of water, too! Water — also known as H_2O — is good for your body, helps you think and has a lot of benefits for your teeth.



Some water contains fluoride, nature's cavity fighter.

Fluoride is a mineral that makes your teeth strong and helps you fight cavities! Many towns help people get fluoride by adding it to the tap water that comes from a faucet.

Water fights cavities in even more ways.

Drink plenty of water. It washes away food after you eat and keeps your mouth from getting dry. That's two more ways water fights cavities!

Water has no sugar.

Unlike so many other drinks, water has no cavity-causing sugar.

You can make water yummy.

You should drink five to eight cups of water a day. Try these ideas to make it tastier to drink:

- Add fresh berries, cucumbers, watermelon or mint for extra flavor.
- Freeze fruit inside ice cubes and add to your water. Or try using frozen fruit instead of ice cubes! It looks really cool, too!

Shop for your smile

Let's pretend we're buying products for a healthy smile. Your friends Buddy and Flossie will help you decide what's best to put in your imaginary cart. Watch out, though! Some things aren't so good for your teeth.

Here's what you need

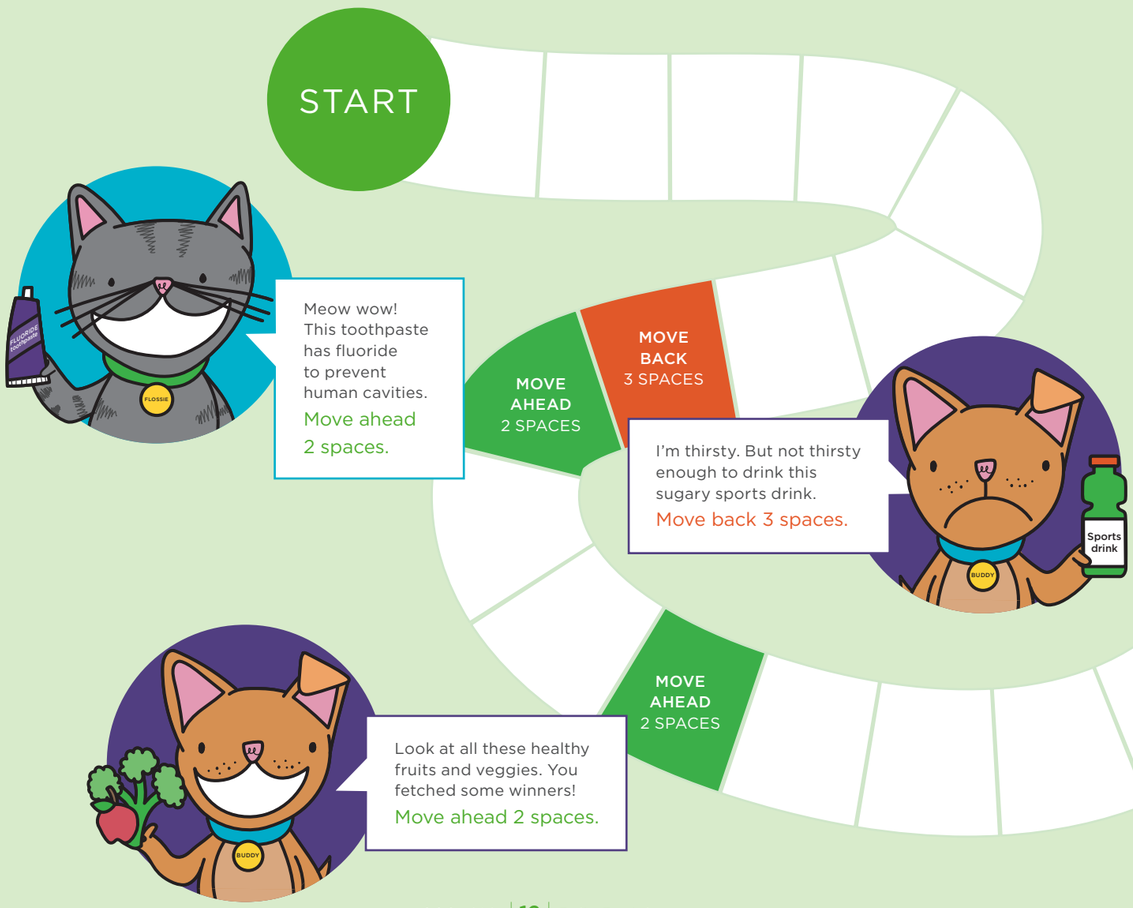
2 or more players

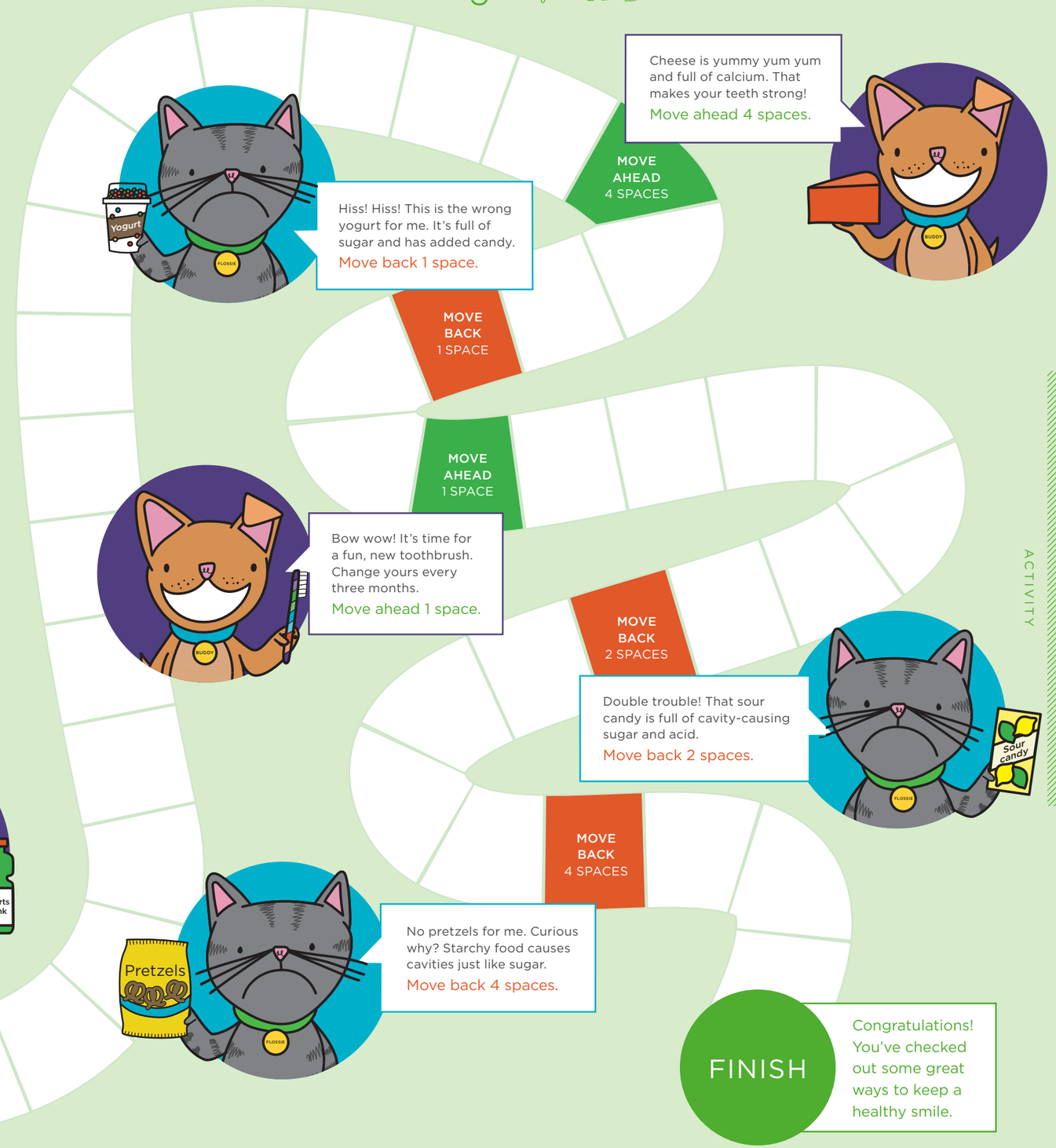
1 die

Game pieces from another game or coins (1 per player) to mark your place

Here's how to play

Take turns rolling the die. Move that number of spaces forward. If you land on a space with a product, you'll be told to move forward or backward. The first one to check out wins!

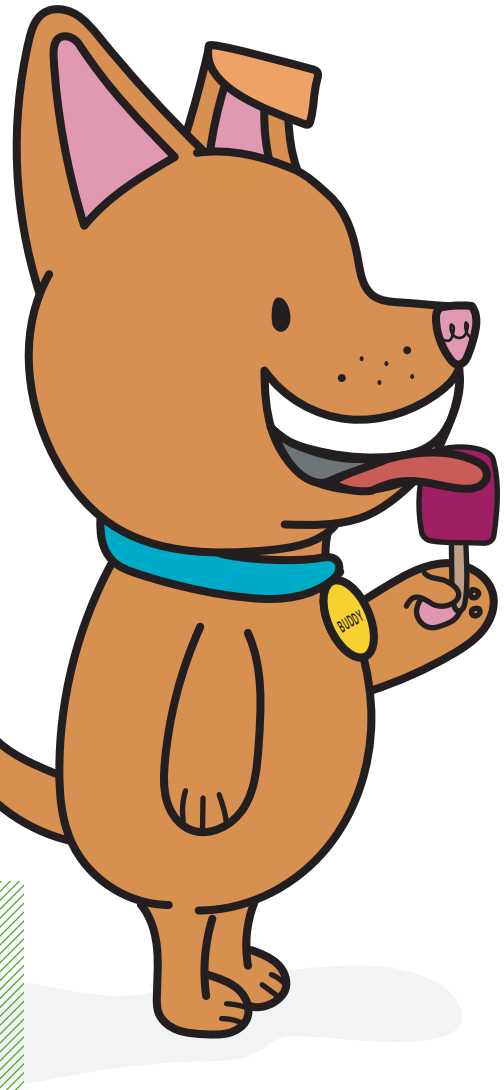




MOUTH-FRIENDLY RECIPE:

Buddy's peanut butter berry pops

Buddy wants to share his favorite snack recipe with you. These treats are easy to make and are good for kids and dogs alike! The plain yogurt, fruit, milk and peanuts are all good for your smile. Buddy is drooling just thinking about them!



Pets and kids should only eat treats once in a while. That's why they're called treats! Always have a grown-up check to make sure anything you feed a pet is safe for them. Don't give dogs anything that has xylitol, also known as birch sugar. It's like poison to us dogs.

Here's what you need

- A grown-up to help
- Blender
- Ice cube tray
- Wooden ice pop sticks
- 1 cup plain low-sugar yogurt
- 1/2 cup bananas
- 1/2 cup peanut butter
- 1/2 cup blueberries
- 1/2 cup milk
- 2 tablespoons honey

Here's how to make it

1. Mix the yogurt, bananas, peanut butter and blueberries in a blender.
2. Add the milk and honey and blend well.
3. Pour the mixture into an ice cube tray.
4. Place ice pop sticks in each cube.
5. Freeze for 3 hours.
6. Pop them out of the ice cube tray and enjoy!

CRAFT CORNER:

friendship bracelets make for strong ties

Flossie loves string. And she loves Buddy. So, she's making cool matching friendship bracelets. Won't Buddy be surprised?! Now you can make these bracelets to help your friends smile.

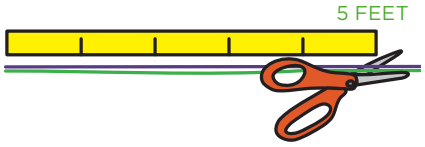
They're fun and easy to make. And they don't take much time or many supplies. Start crafting now and enjoy even stronger friendships.

Here's what you need

- A grown-up to help
- 5-foot-long pieces of embroidery thread or yarn in your two favorite colors

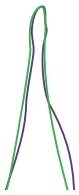
- Tape

Here's how to make it



1

Cut two strands of thread or yarn into 5-foot-long pieces.

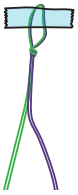


2

Holding two strands together, fold them in half.

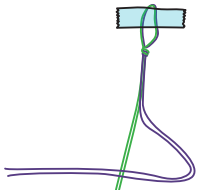
3

Tie a knot near the top of the fold to make a loop.



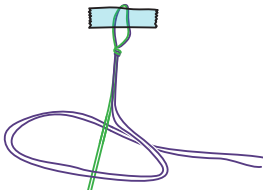
4

Secure the loop with tape to a table or board. Both strands of color 1 should be on the left, and both strands of color 2 should be on the right.



5

Holding both strands of color 1, move both strands of color 2 over color 1, making a backward 4-shape.



6

From the underside of the 4-shape, pull the end of color 2 through the loop. Pull tight to create a knot.

7

Alternating colors, repeat steps 5 and 6 until the bracelet is long enough to fit around your wrist.

8

Tie all strands into one knot to hold in place.

9

Loop the end of the knot you just made through the top loop to secure the bracelet to your wrist. Cut excess thread.

Dog blog: fun facts about Buddy's teeth

Hi! It's me, Buddy. We've talked a lot about your teeth. Do you want to know more about mine?

I have
42
ADULT TEETH.

That's 12 more than Flossie! She has 30 adult cat teeth.

When I was little, I had puppy teeth, just like you have baby teeth.

I don't have smelly "doggie breath." But if I had bad breath, it could be a sign of gum disease.

I lost my puppy teeth and had all of my adult doggie teeth by the time I was 7 months old. That was fast!

I like to chew on safe chew toys. Chewing on hard things can crack my teeth. Ouch!

I don't eat much sugar, so I probably won't get as many cavities as most people do.

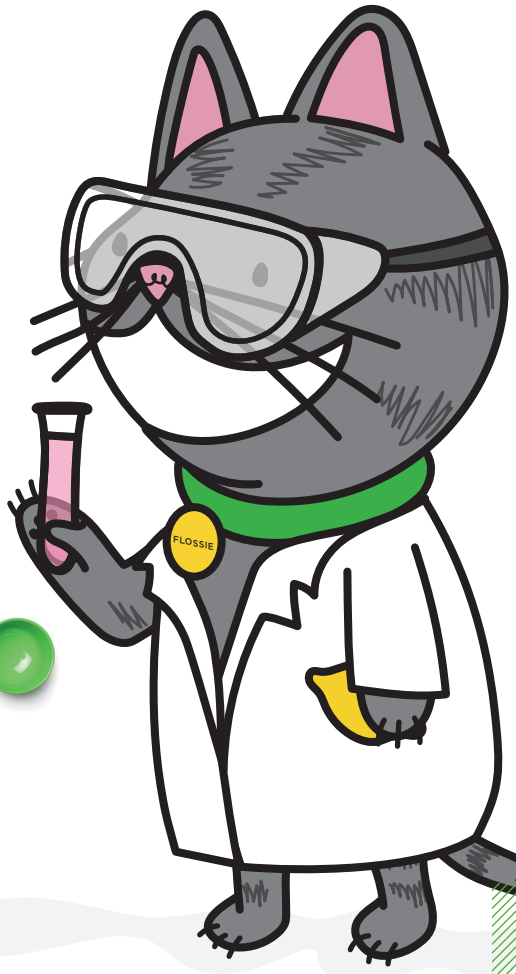
Your long, pointed teeth are called canines because they look like a dog's fangs. Mine are just longer and sharper than yours!

EXPERIMENT:

the acid test

Flossie says eating lemons makes her a sourpuss. Ha! Ha! Lemons are not only sour but they're full of acid. Just like sugar, acid can harm your smile. Acid wears away the hard part of your teeth — known as enamel. You know what that could mean? You could get one of those nasty cavities.

This experiment helps you discover which foods have a lot of acid. It's fun, safe and easy to do.



Here's what you need

- A grown-up to help
- Water
- Red cabbage
- Strainer or coffee filter
- Large bowl
- 3 small bowls
- Blender
- Lime, orange and melon (feel free to try other foods)

Here's how to do the experiment

1. Blend two cabbage leaves and two cups of water for 30 seconds.
2. Pour the mixture through the strainer or coffee filter into the large bowl.
3. Pour the mixture from the large bowl into three small bowls.
4. Put a different small piece of fruit, or juice from the fruit, in each of the bowls.
5. If the food is acidic, the liquid will turn pink or red.
6. Write down your results. Feel free to test other foods or liquids.

Teeth wisdom

Flossie likes to pretend she's a panther. Pretending can be fun. Let's pretend your teeth can talk to you! What do you think your teeth would tell you? Choose your answers and check out the best choice below.

You're busy during the holiday season, so it's OK to:

- (A) Skip brushing your teeth once in a while
- (B) Forget about flossing for a few days
- (C) Still make time to brush twice a day and floss daily

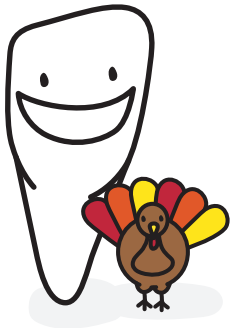
Your teeth love this on Valentine's Day:

- (A) Chocolate candy
- (B) Fun parties, so we can show off our smile
- (C) Chewy candy

ACTIVITY

At Halloween, your teeth's favorite treats are:

- (A) Apples
- (B) Caramel
- (C) Both



At Thanksgiving, your teeth want you to:

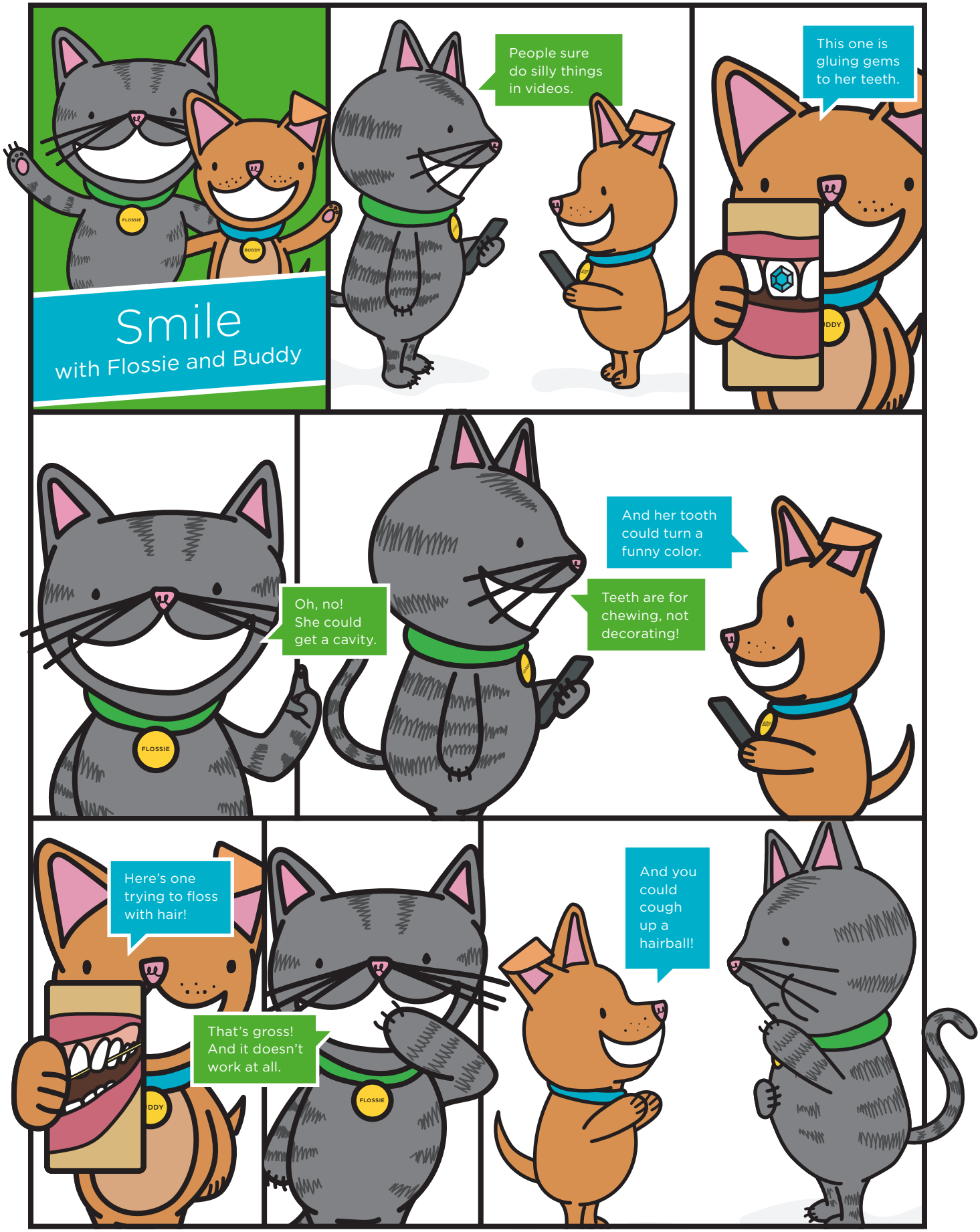
- (A) Eat a lot and then have snacks
- (B) Eat two desserts
- (C) Eat a regular meal

If you do eat a sugary treat, you can do this for your teeth:

- (A) Drink water
- (B) Nothing
- (C) Eat another sugary treat

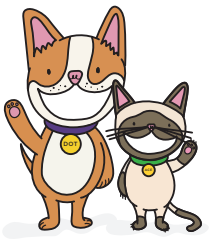
Answers:

- (C) Germs and food stuck in your teeth can damage your smile if you skip brushing or flossing.
- (B) When you focus on fun, you won't eat too much cavity-causing candy.
- (A) Apples help clean your teeth. But caramel gets stuck in your teeth.
- (C) Don't overload your teeth with sugar and starches. You can always enjoy leftovers!
- (A) Water helps wash sugar from your teeth.


Smile
with Flossie and Buddy
FLOSSIE
BUDDY
People sure do silly things in videos.
This one is gluing gems to her teeth.
Oh, no! She could get a cavity.
And her tooth could turn a funny color.
Teeth are for chewing, not decorating!
Here's one trying to floss with hair!
That's gross! And it doesn't work at all.
And you could cough up a hairball!

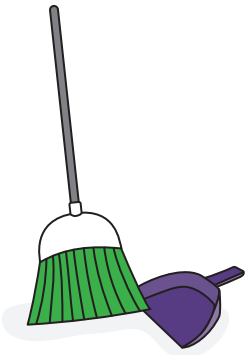
Make a BFF

Aren't you glad you met your new fun furry friends, Flossie and Buddy? You can make even more friends when you give animals a helping hand. Flossie and Buddy made a helpful list.



Adopt a pet from an animal shelter.

If your family decides to get a pet, there are many loveable animals waiting for their "fur-ever" homes at local animal shelters.



Volunteer with a grown-up at an animal shelter.

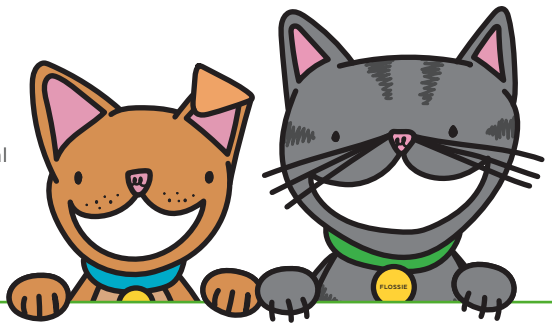
This is a fun way to get to know more animals and help them out at the same time.

Raise money for an animal shelter.

Try holding a car wash or yard sale. Then donate the money to an animal shelter. If you have some extra allowance, consider adding it to the donation.

Start a donation drive.

Find out what items your local animal shelter needs. Then ask a grown-up to help you collect donations.



ALWAYS be kind to animals!

When you meet a new furry friend, ask a grown-up first before you pet it.

ACTIVITY

Now it's time to put on your thinking caps.

Write down your ideas for spreading smiles by helping animals:

_____

_____

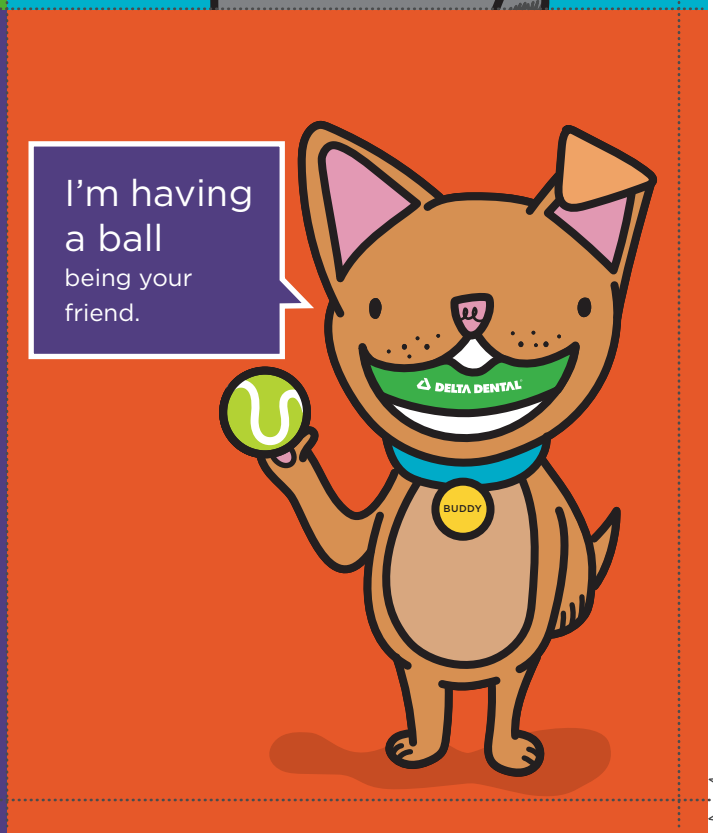
_____

_____

_____

Share smiles with friendship cards

Cut out and give these cards to your friends. They're sure to smile when they receive a card!



Show your friends how important they are to you

Remember to sign the card and write a special message before you give it away.

To _____

From _____

Your special message:

DELTA DENTAL

To _____

From _____

Your special message:

DELTA DENTAL

To _____

From _____

Your special message:

DELTA DENTAL

To _____

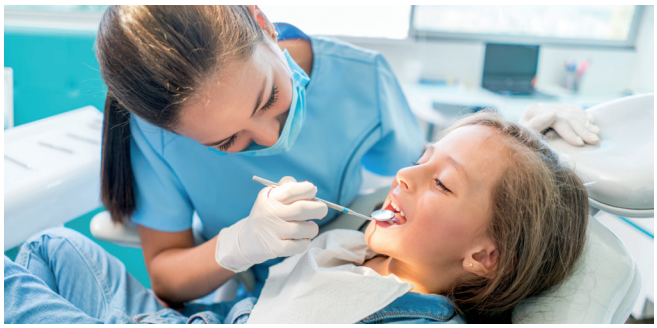
From _____

Your special message:

DELTA DENTAL

Your pals at the dental office

Have you heard that dogs are people's best friends? Buddy says it's true! You'll also find great friends at your dentist's office. Visit them regularly. Here's what these friendly people do to help keep your smile healthy.



Dental hygienist

- Takes X-rays of your mouth.
- Looks for problems with your teeth and gums.
- Cleans your teeth to help prevent cavities. Talk about a good idea!

Dentist

- Finds and fixes any problems with your teeth.
- Talks to you about taking good care of your teeth.
- Helps prevent problems before they happen. That's pretty amazing!

The people at the dentist's office are here to help you. They work with kids all the time, so they know how to keep you comfortable. They will let you know what to expect. And they are happy to answer your questions.

Here are some other ways to be more comfortable when you visit the dentist:

Ask a grown-up if you can bring a toy or music with you.

Your dental office may have a TV or movie to watch. (Buddy likes videos with dogs and cats!)

A few dental offices even have therapy dogs to pet. That makes everyone feel good.

When you visit your pals at the dentist's office: Sit. Stay. Good boys and girls!

BUDDY
FLOSSIE