

# Finders, **KEEPERS**



There's more to brushing your teeth than just toothpaste and a **toothbrush!** Read the statements below for tips on how to brush your teeth. Then, find the words in bold in the word find.

Brush your teeth **TWICE** a day for **TWO MINUTES** each time.

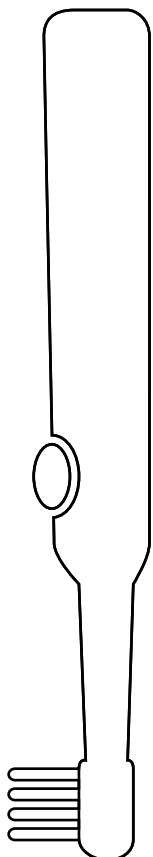
Make sure your toothpaste includes **FLUORIDE** to help fight cavities.

Your **TOOTHBRUSH** should be replaced every three months. A toothbrush with **SOFT** bristles is best.

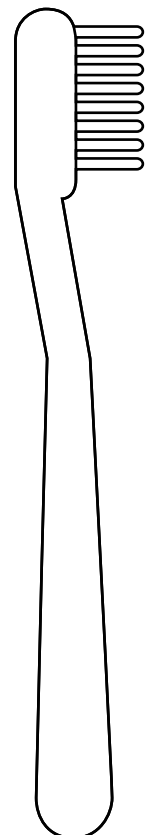
Brush your **TONGUE** to get rid of bacteria and make your breath smell good!

You only need to use a dab of toothpaste the size of a **PEA.**

Always brush your **TEETH** after eating sticky foods like raisins or taffy.



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



# A Mouthy MIX-UP

There are a lot of different ways to keep your mouth healthy. Unscramble these words to reveal things that can help keep your smile sparkling.



1. **OUTBTSORHH** .....

Hint: Replace this every three months.

2. **HSTTTAEOP** .....

Hint: A pea-size amount of this is all you need.

3. **OLSFS** .....

Hint: Use 18 inches of this once a day.

4. **HYHTAEL DOOF** .....

Hint: This includes fruits, veggies and milk.

5. **DSNTTIE** .....

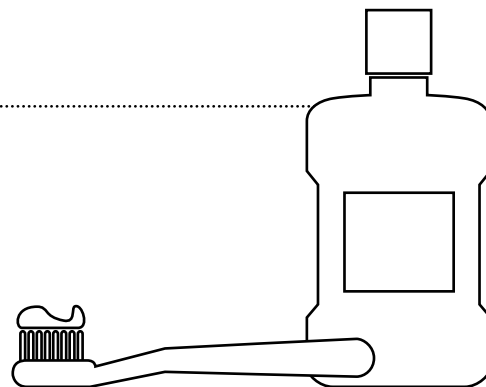
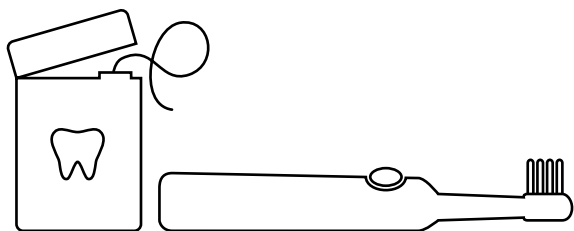
Hint: Visit this person every six months.

6. **REFODLIU** .....

Hint: This helps fight cavities, so make sure it's in your toothpaste and mouth rinse or ask your dentist for more information.

7. **HMOWHTUSA** .....

Hint: Swishing this helps fight bad breath.



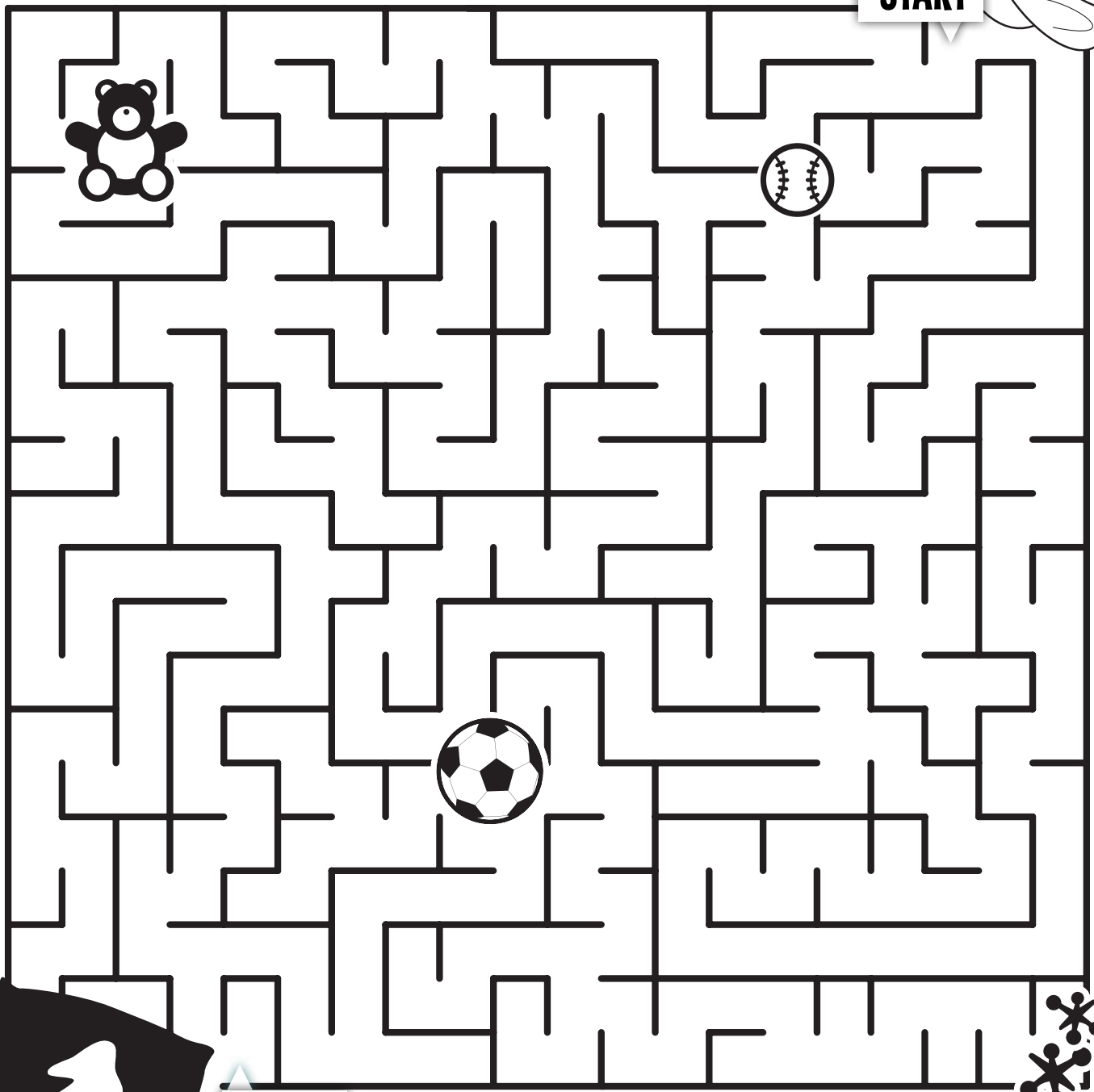
Answers: 1. Toothbrush, 2. Toothpaste, 3. Floss, 4. Healthy Food, 5. Dentist, 6. Fluoride, 7. Mouthwash

FOR MORE FUN, ask a parent for help getting online to take quizzes on the Tooth Fairy, healthy snacks and more! Visit [ddpa.toothfairyactivities.com](http://ddpa.toothfairyactivities.com) to get started.

 **DELTA DENTAL**

# The A-MAZE-ING Tooth Fairy

The Tooth Fairy loves to give fun surprises to kids who leave baby teeth for her. Can you help the Tooth Fairy find her way to the pillow with the tooth under it?



**FINISH**

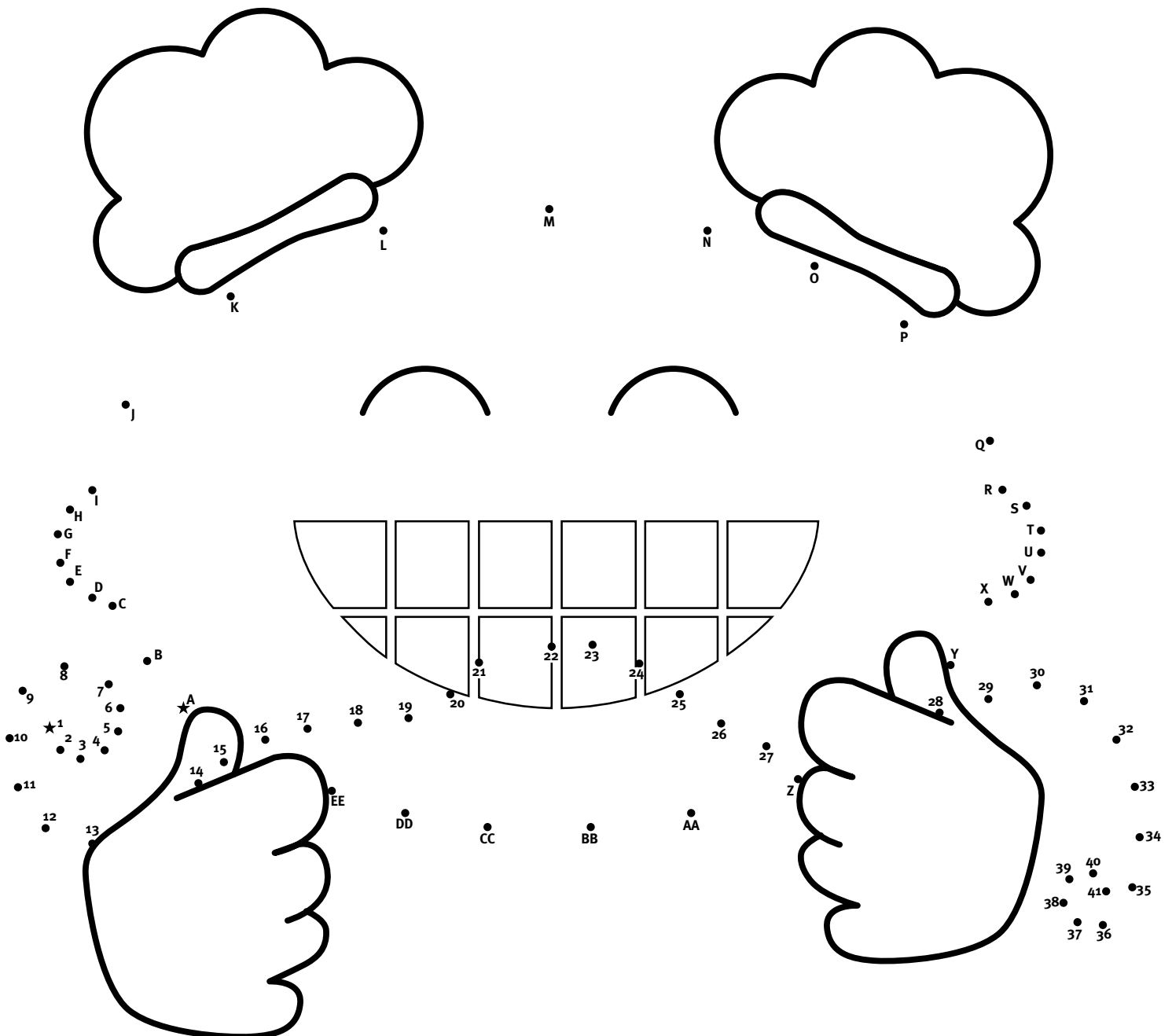
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# Healthy Teeth. **HAPPY SMILE!** MAKE THE CONNECTION.



Connect the dots to see an activity you should do at least once a day to make sure your teeth stay healthy and clean. First connect the dots with the letters beside them. Then, connect the dots with numbers.



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# Picture This: **HEALTHY SNACKS**



Healthy foods aren't hard to find if you know what to look for! Can you find at least five teeth-friendly treats in this picture?



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**DELTA DENTAL**

# Tooth Fairy

## COLORING PAGES



The Tooth Fairy always flosses once a day, and for healthy teeth, you should too!  
What's your favorite flavor of floss? Make this floss a color that goes with your favorite flavor.



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 **DELTA DENTAL**

Everyone should visit the dentist for regular checkups – even the Tooth Fairy!  
Does your dentist have fun chairs to sit in? Give this one a cool design.



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**DELTA DENTAL**



The Tooth Fairy uses her wand to make fun surprises magically appear for kids who leave baby teeth under their pillows. Draw a wand for the Tooth Fairy.



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 **DELTA DENTAL**

The Tooth Fairy loves to snack on healthy foods like fruits and veggies.  
Color your favorite healthy foods first!



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 **DELTA DENTAL**

You only need a pea-size amount of toothpaste each time you brush. A little bit goes a long way! Color the toothpaste to look like your dream flavor.



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**DELTA DENTAL**