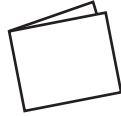


Story Time: Remember the Routine

1. Cut the square.



2. Fold the book.



3. Color the pictures.



4. Read with a grown-up.



3 Smile bright, sleep tight. Wish our clean teeth good night.

2 Let's brush for two minutes. Spit out the toothpaste. Then I will help you finish up. Now it's time for floss!

4 Good morning! Time to brush for two minutes again. I'm here to help. Now your smile is ready for the day!

1 Wow! That's a big yawn. I can see all your teeth. Let's count them. Now let's brush them!



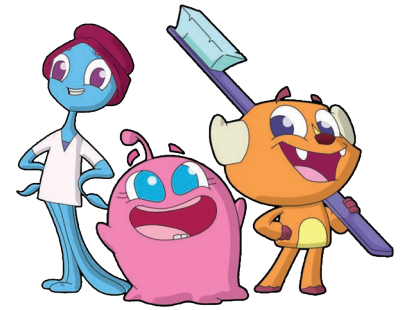
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Families: Your child is learning how to have **Bright Smiles Ahead**. Help your child brush their teeth with fluoridated water and fluoridated toothpaste. Remember 2x2: Brush twice a day for two minutes each time. For children over 3 years old, use a pea-sized amount of toothpaste. Remind children not to swallow the toothpaste. As soon as the sides of two teeth touch, it's time to help children floss once a day.

The Dental Decoder

Caring for your teeth keeps them strong your whole life long! Solve the math problems below. Use the answers to decode a secret message!



1. Read the stories.



2. Solve the problems.

$$4 + 3 = 7$$

3. Match each number and letter.

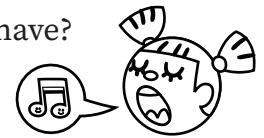
_____ = _____

1. Angel has a great smile. How many teeth has Angel lost?

$$2 + 3 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = L$$

2. When Willa sings, we can see her healthy teeth. How many teeth does Willa have?

$$10 + 10 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = M$$



3. Jamie goes to the dentist every spring. They go again six months later in the fall. How many times does Jamie go to the dentist each year?

$$1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = I$$



4. Sofia has adult teeth called molars. How many molars does Sofia have?

$$1 + 1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = E$$

5. Sunny brushes his teeth in the morning for two minutes. He brushes his teeth again at night for two minutes. How many minutes does Sunny brush his teeth each day?

$$2 + 2 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = S$$



Solve the puzzle. Write the letter on the line above its answer number.

_____!
 4 20 2 5 3



Families: Your child is learning how to have **Bright Smiles Ahead**. Brushing twice a day for two minutes helps keep teeth clean and strong. And visiting the dentist twice a year is key. Dentists can apply sealants to your child's molars and fluoride varnish to all your child's teeth to protect your child from cavities and keep smiles bright!



GRADES 1 - 2 ACTIVITY

Water Workshop

Drinking water instead of juice and soda is a great way to keep teeth clean and strong. In this creative activity, students will get to make their own drink recipes to make water more wonderful!

Start the activity with an experiment. Set out three hard-boiled white eggs, one in a cup of water, one in a cup of juice, and one in a cup of dark-colored soda to simulate how different beverages can impact our teeth. (This works best left overnight — like a night when you forget to brush!) Ask students to predict what they think will happen to the eggs and why. The next day, show students how the juice and soda have weakened the eggshells.

Using the experiment results as an example, discuss what these beverages can do to our teeth: provide sugar for bacteria to eat, weaken the tooth enamel, and could lead to cavities and toothaches.

Next, lead the class in brainstorming ways to drink more water and how to make water more fun, such as by adding teeth-friendly foods like watermelon, mint, or cucumber. Distribute the “Color Me Healthy” activity sheet and have students color and cut out items to add to water. Students can decide which items to include in their new drinks, glue them on the glass shapes, and give their unique water drinks original names on the menu. Students can take the activity sheet home to help prepare a family shopping list for yummy fruits to add to water.

Color Me Healthy

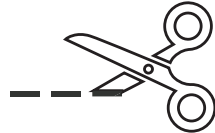
Water is the best drink for your teeth. Make your water even more fun. Add fruit, veggies, or mint to make a new drink. Name your new creations!



1. Color the watermelon, cucumbers, and mint.



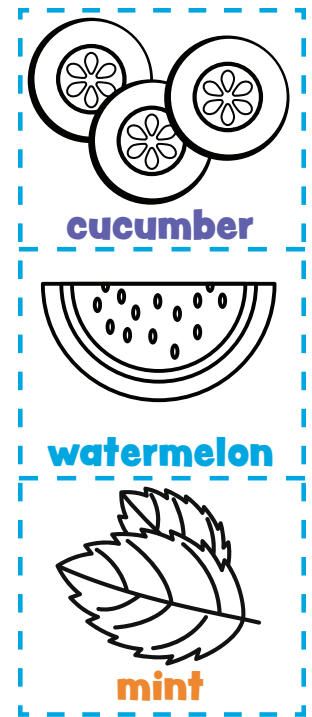
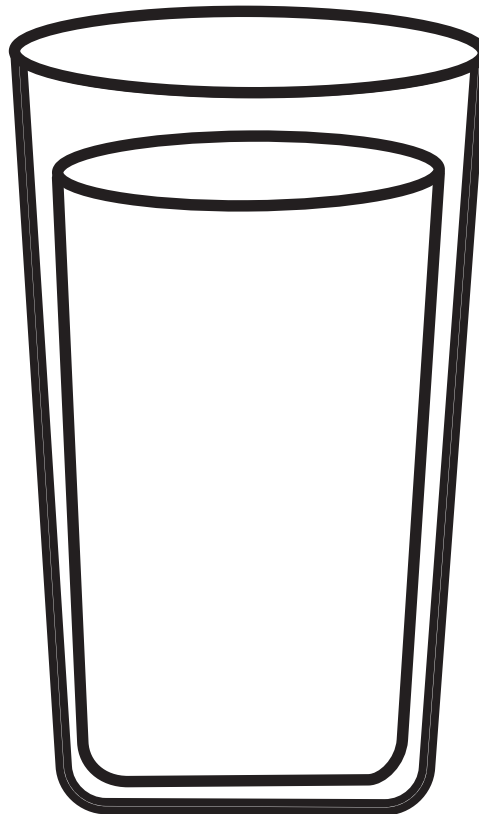
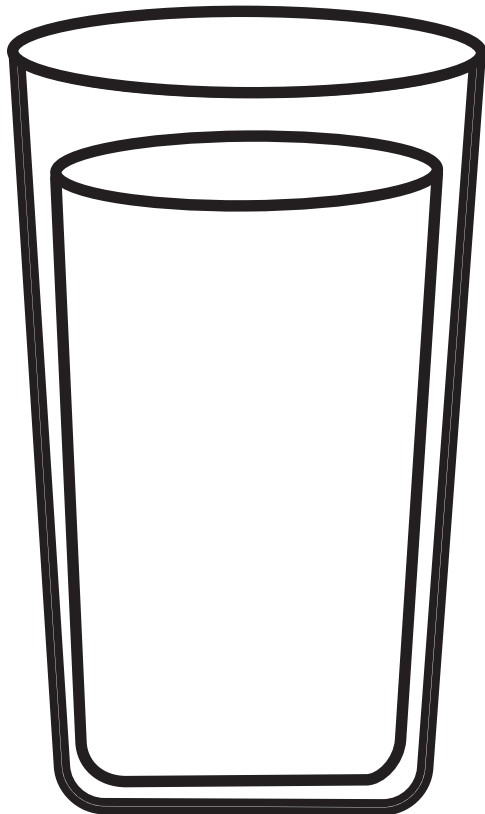
2. Cut out the pictures.



3. Glue one or more pictures on each water glass.



4. Name your drinks!



Wonderful Water Menu

1. _____

2. _____



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Families: Your children are learning how to have **Bright Smiles Ahead**. Drinking water instead of juice, soda, and other sugary drinks helps teeth stay strong and prevents cavities. Adding fruit, veggies, or mint to the water can make water more fun. And drinking water throughout the day isn't only good for teeth, it's good for the whole body!