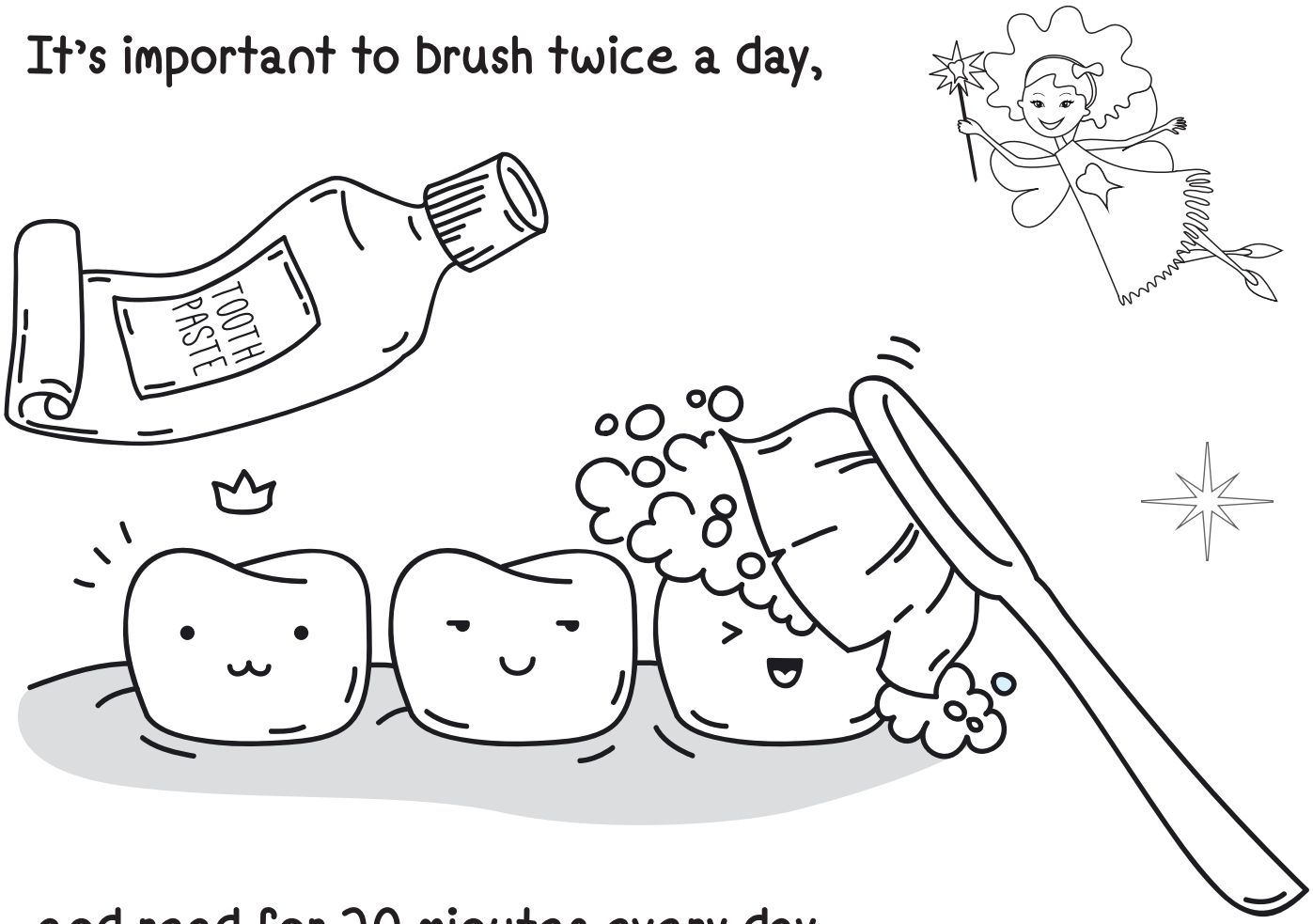
DELTA DENTAL

Let's Talk Teeth

with the Tooth Fairy

It's important to brush twice a day,



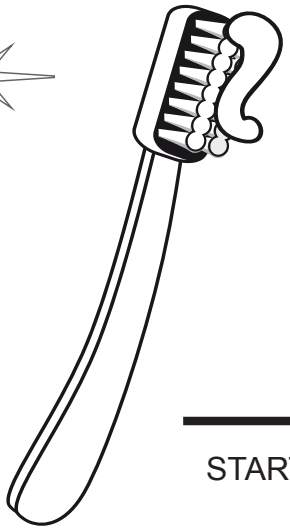
and read for 20 minutes every day

for a healthy body and mind!

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

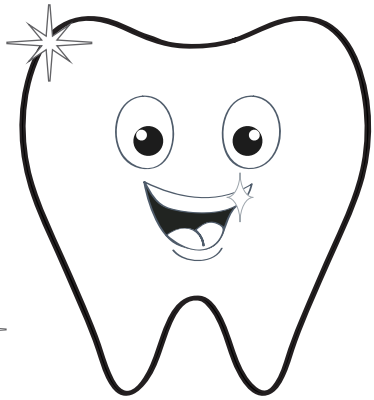
The Tooth Fairy loves shiny clean teeth.

Help the toothbrush
find its way to the tooth!



START

END

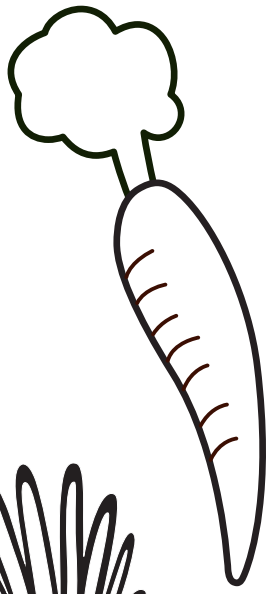


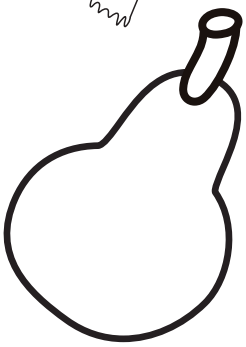
Draw yourself
brushing your teeth.

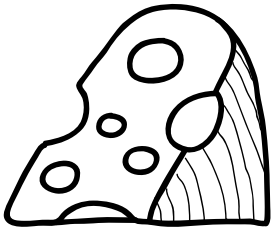
Drink milk or water instead of soda pop or sugary juice drinks.

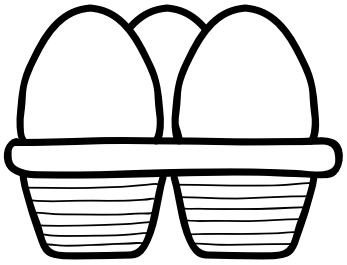
Eat healthy foods for healthy teeth.

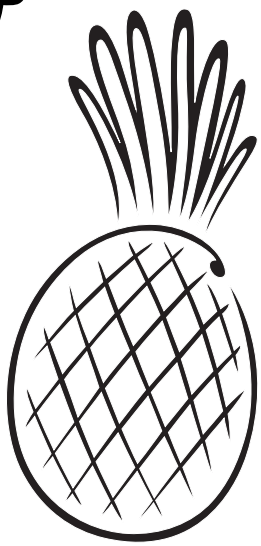
Color some of your favorite foods.

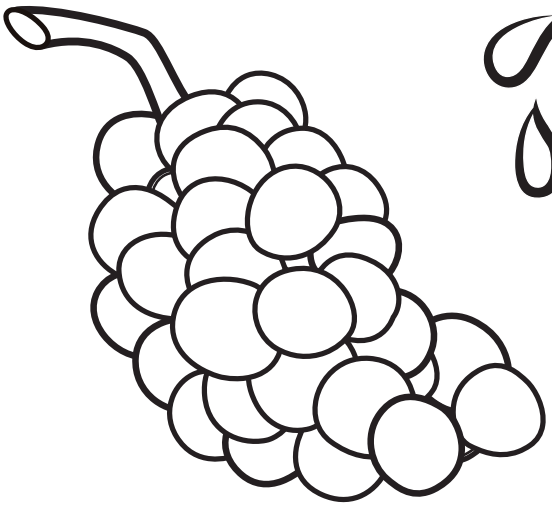


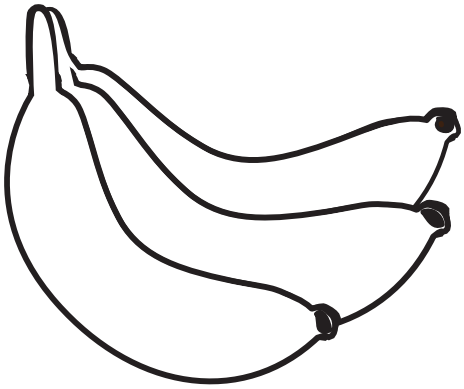


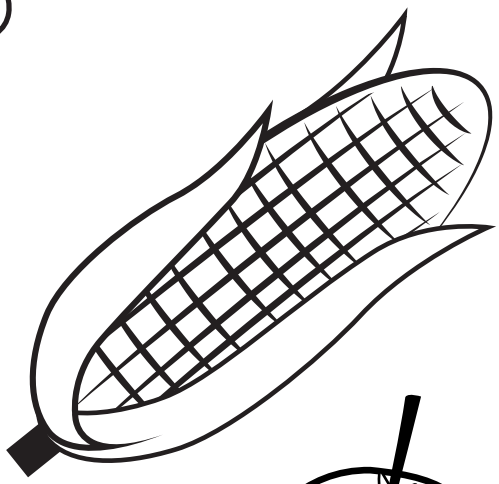


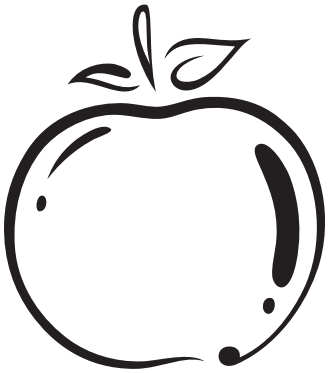


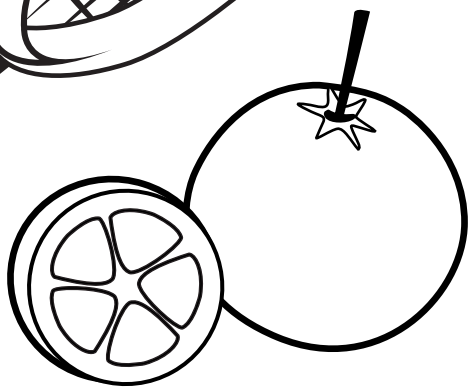


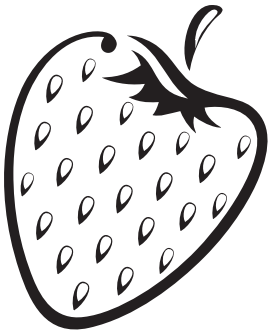












Visit the dentist regularly to keep your smile healthy.

Leave your tooth under your pillow
for a visit from the Tooth Fairy.

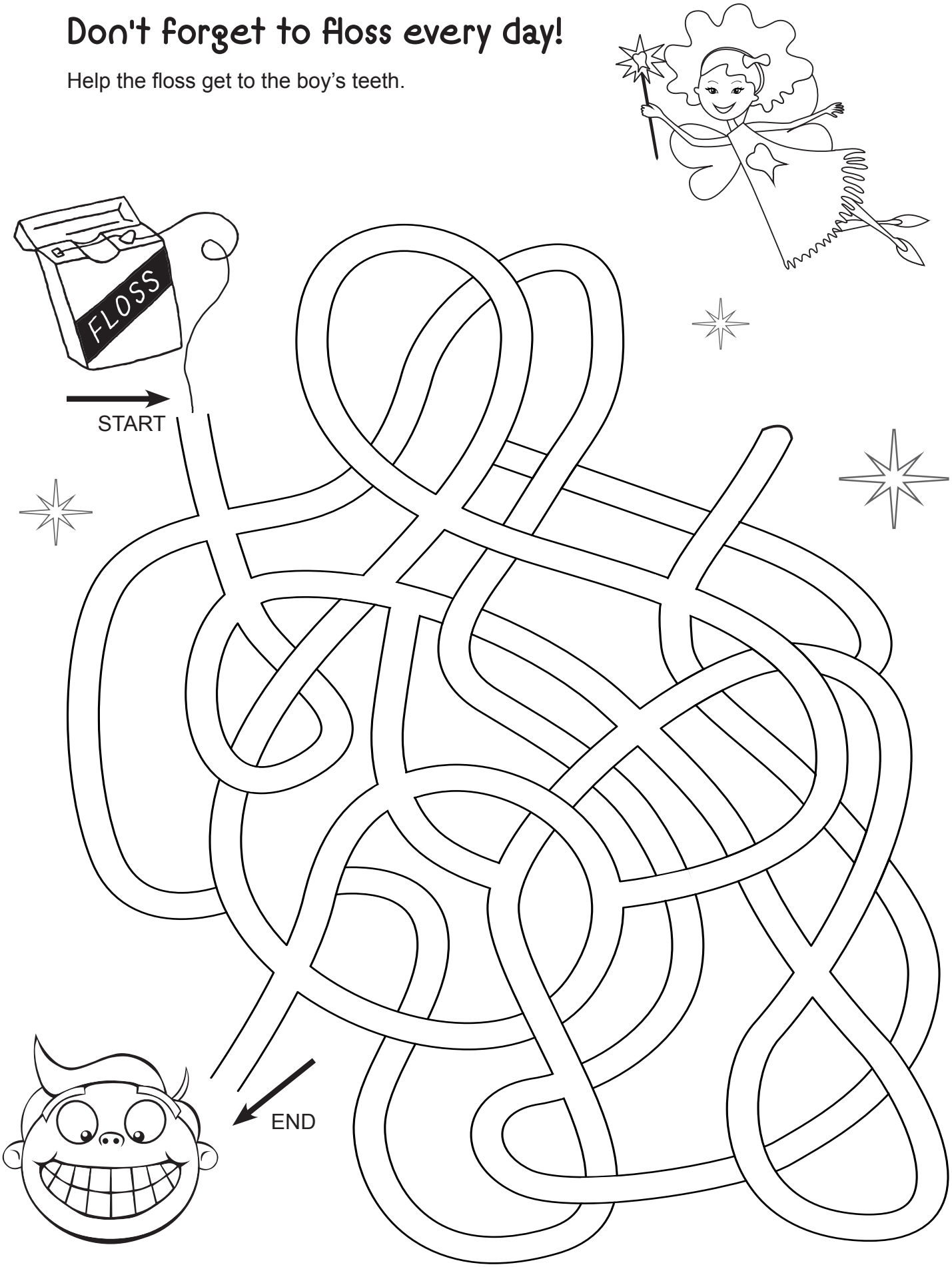
Write a letter to the Tooth Fairy and place under your pillow with your tooth.

Dear Tooth Fairy,

From,

Don't forget to floss every day!

Help the floss get to the boy's teeth.



Your child's oral health is very important!

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

Good oral health starts with good oral health habits!

That's why it's important for your child to brush twice a day for two minutes each time, floss at least once a day and visit the dentist regularly. Help your child choose healthy, teeth-friendly snacks and water or milk instead of soda pop or sugary juice drinks.

If you are interested in learning more about good oral health or would like additional children's oral health resources and activities, visit our websites listed below.

DELTA DENTAL®

Delta Dental of Arkansas	www.deltadentalar.com
Delta Dental of Indiana	www.deltadentalin.com
Delta Dental of Kentucky	www.deltadentalky.com
Delta Dental of Michigan	www.deltadentalmi.com
Delta Dental of New Mexico	www.deltadentalnm.com
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