



Love Your Teeth by Visiting the Dentist

Children's Activity Packet
Kindergarten - 5th Grade



Love Your Teeth Activities

Love Your Teeth Brushing Calendar

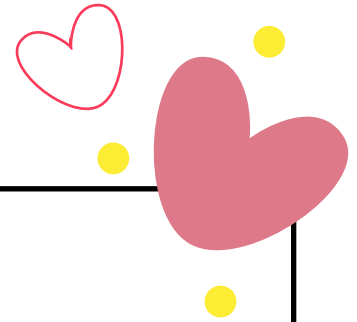
It is important to brush twice a day and floss daily.
Draw a heart each time you brush and floss!

Name: _____ Month: _____

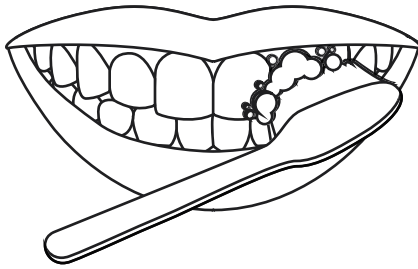
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Regular visits to the dentist keep your gums and teeth healthy. Medi-Cal covers dental check-ups for children and teens.

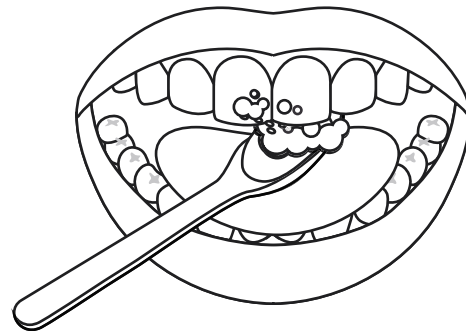
Love Your Teeth Activities



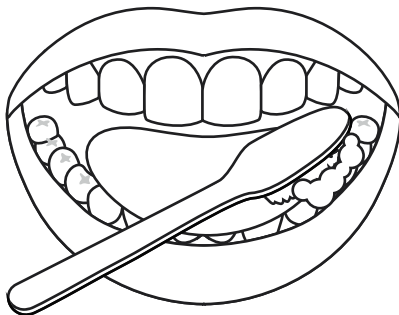
Brushing Coloring Sheet



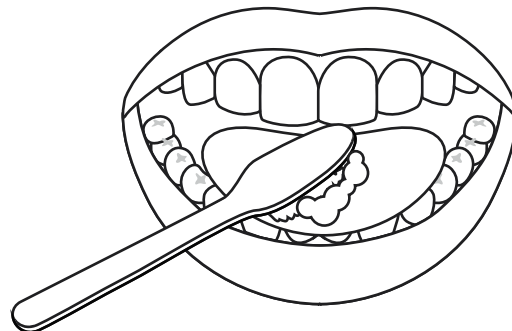
1. Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



3. Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.



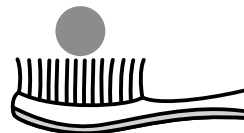
2. Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.



4. Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

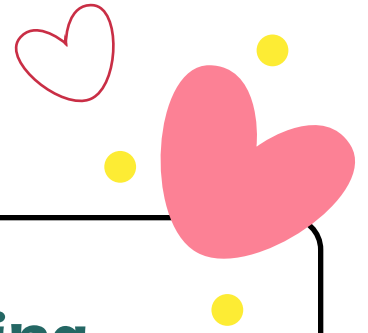


Children 3 years and above should use a pea-sized amount of toothpaste.

A child can start brushing their own teeth when an adult confirms they can do it properly.

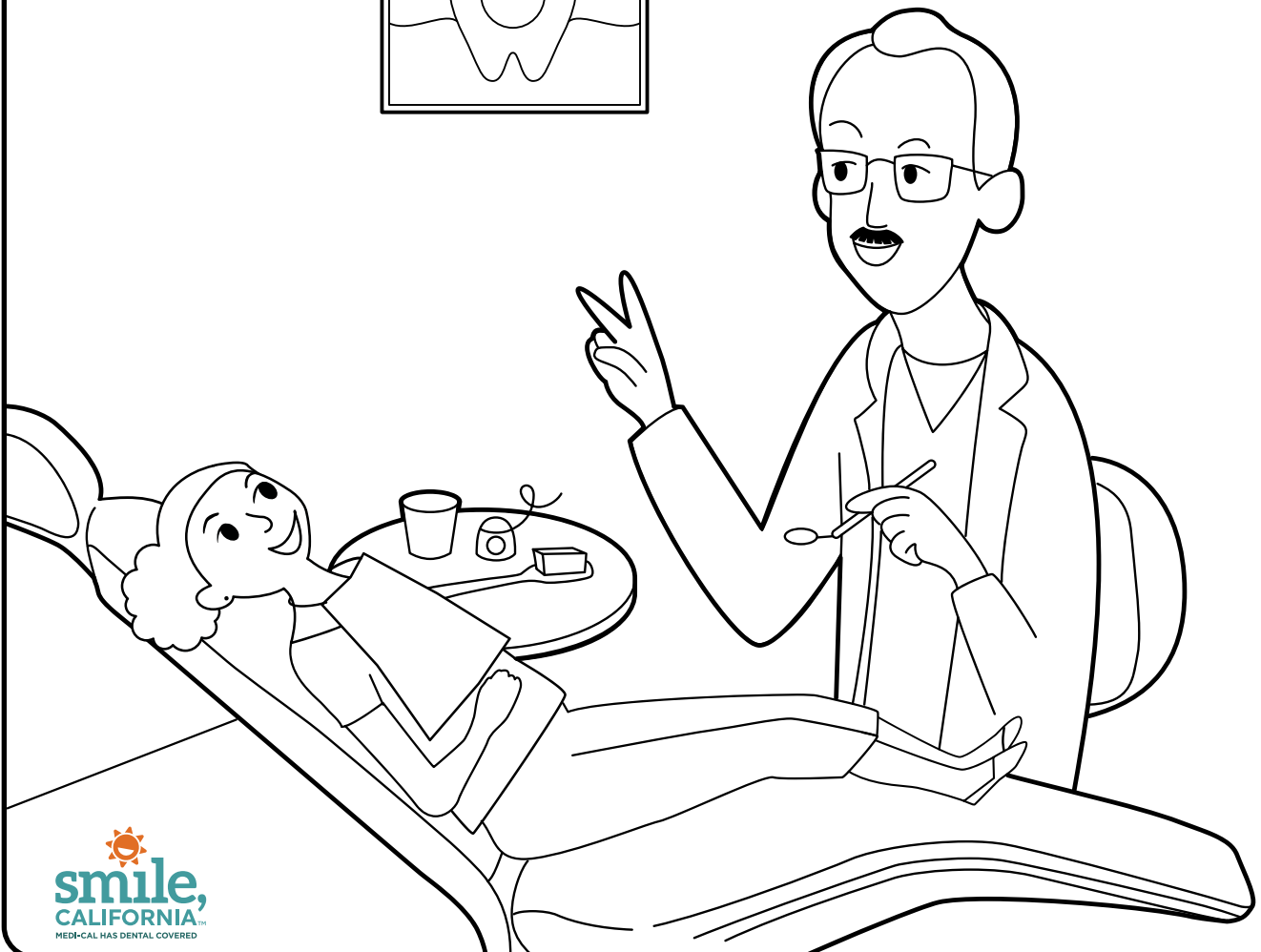
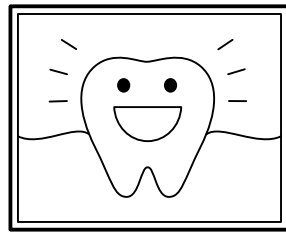


Love Your Teeth Activities



Love your teeth by taking them to the dentist.

Members under the age of 21 can have a dental check-up and cleaning every 6 months, and sometimes more.



Love Your Teeth Activities

Happy Teeth Word Unscramble



melsi _____

ttnised _____

htoto _____

slofs _____

yairootfht _____

rhusb _____

mugs _____

tiyvac _____

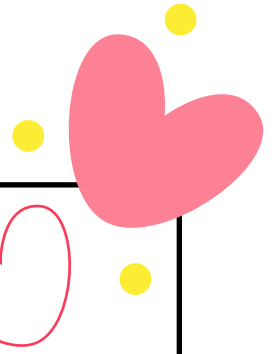
hsteopaot _____

yxras _____

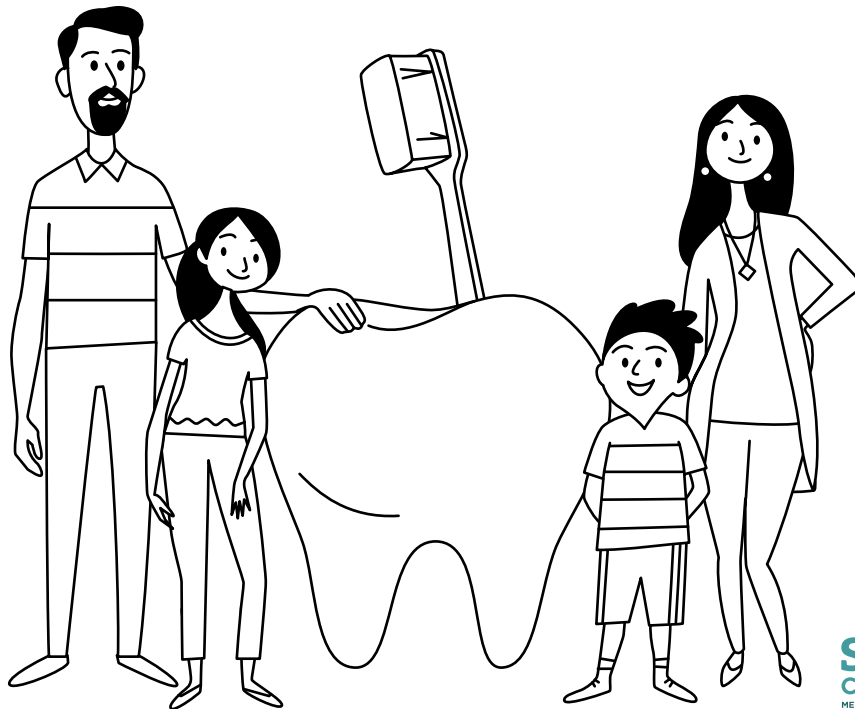
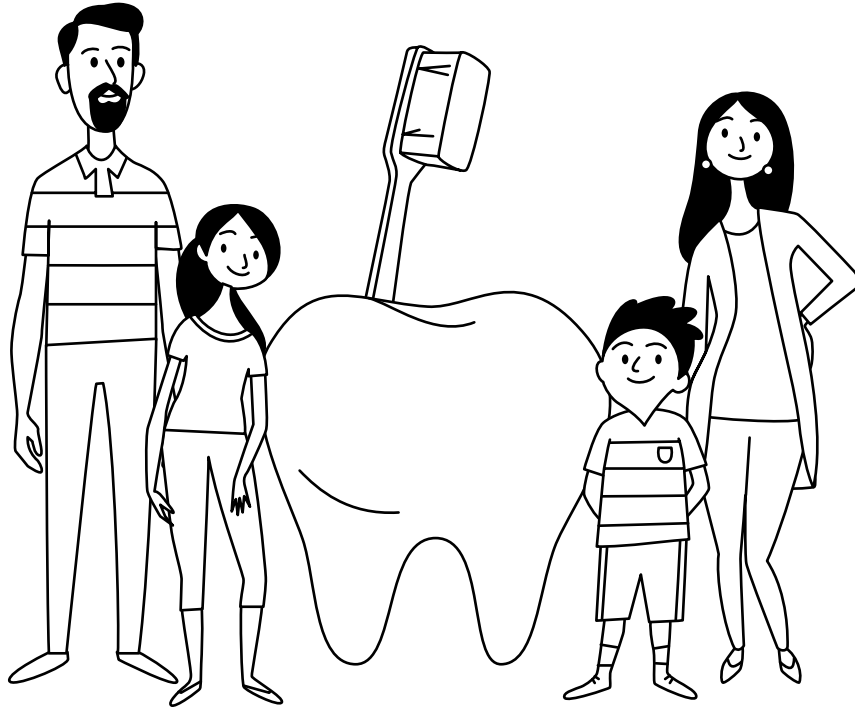


Word Unscramble Answers: smile, dentist, tooth, floss, toothbrush, gums, cavity, toothpaste, xrays

Love Your Teeth Activities



Find the 12 Differences



Love Your Teeth Activities



Happy Teeth Word Search

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

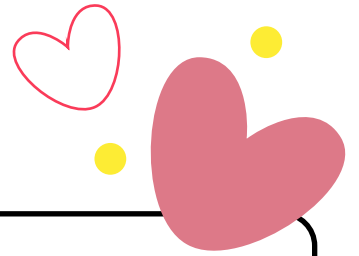


TOOTH
BRUSH
SEALANTS
FLOSS

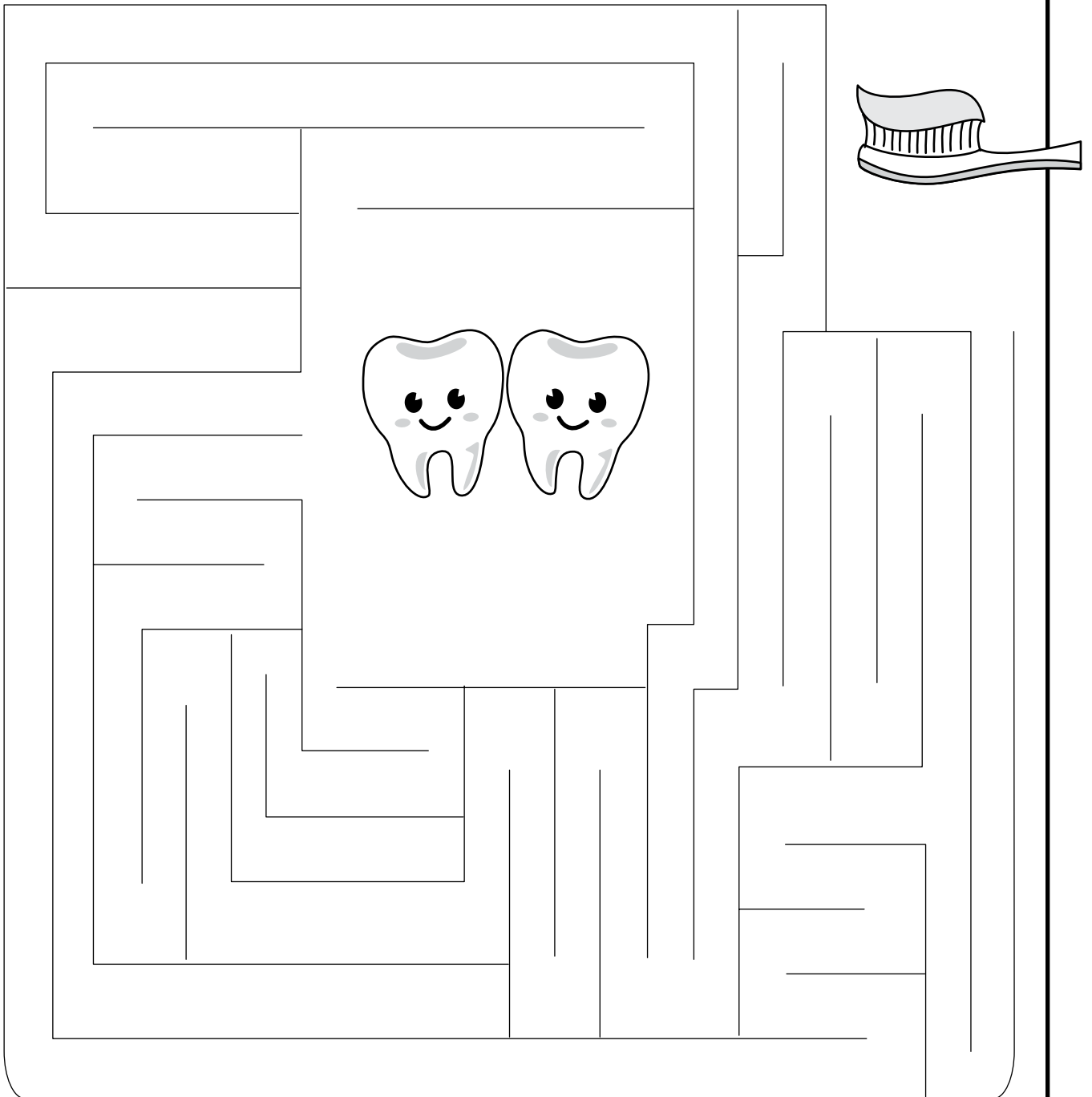
DENTIST
SMILE
HEALTHY
MOLARS

HAPPY
CHECKUP

Love Your Teeth Activities



Help the Toothbrush Find the Teeth Maze





SmileCalifornia.org
(800) 322-6384