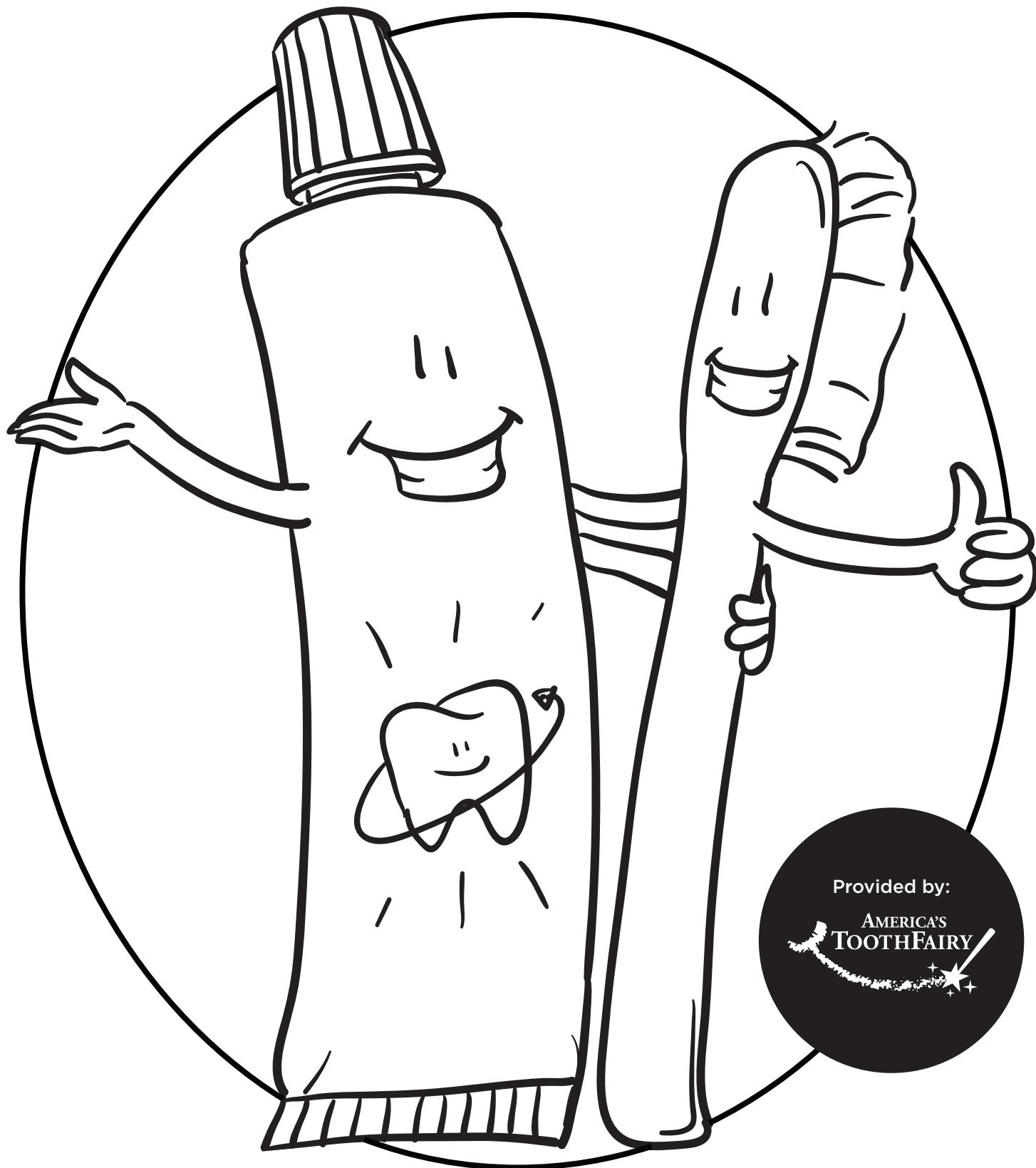


My Healthy Mouth

Educational Coloring Book for Early Learners



Provided by:

AMERICA'S
TOOTHFAIRY

Dear parents and caregivers,

Today your child learned about the importance of taking care of their teeth. They learned that cavities are caused by bacteria in their mouths. They also learned that they must brush two times for two minutes and floss every day.

Primary (baby) teeth are important in order to maintain healthy teeth later in life and for proper speech development and self esteem. Kids with healthy teeth miss less school and are proud of their smiles! You can help reinforce these good oral health habits with resources for caregivers available on our website including:

- Tips from the ToothFairy
- Facts About Tooth Decay
- Brushing Charts and Oral Care Tips
- Help finding a nonprofit dental clinic for your child

Visit www.AmericasToothFairy.org for more!



Millions of children are without access to dental services and face ongoing health consequences as a result, including untreated tooth decay and other, more intensive dental needs. As a resource provider, America's ToothFairy increases access to oral health care by supporting nonprofit clinics and community partners delivering education, prevention and treatment services for underserved children.

We work to ensure all children can access dental care and learn about oral health.

5 Tips for Healthy Teeth

1

Brush your teeth for two minutes two times every day.

2

Floss between your teeth every day.

3

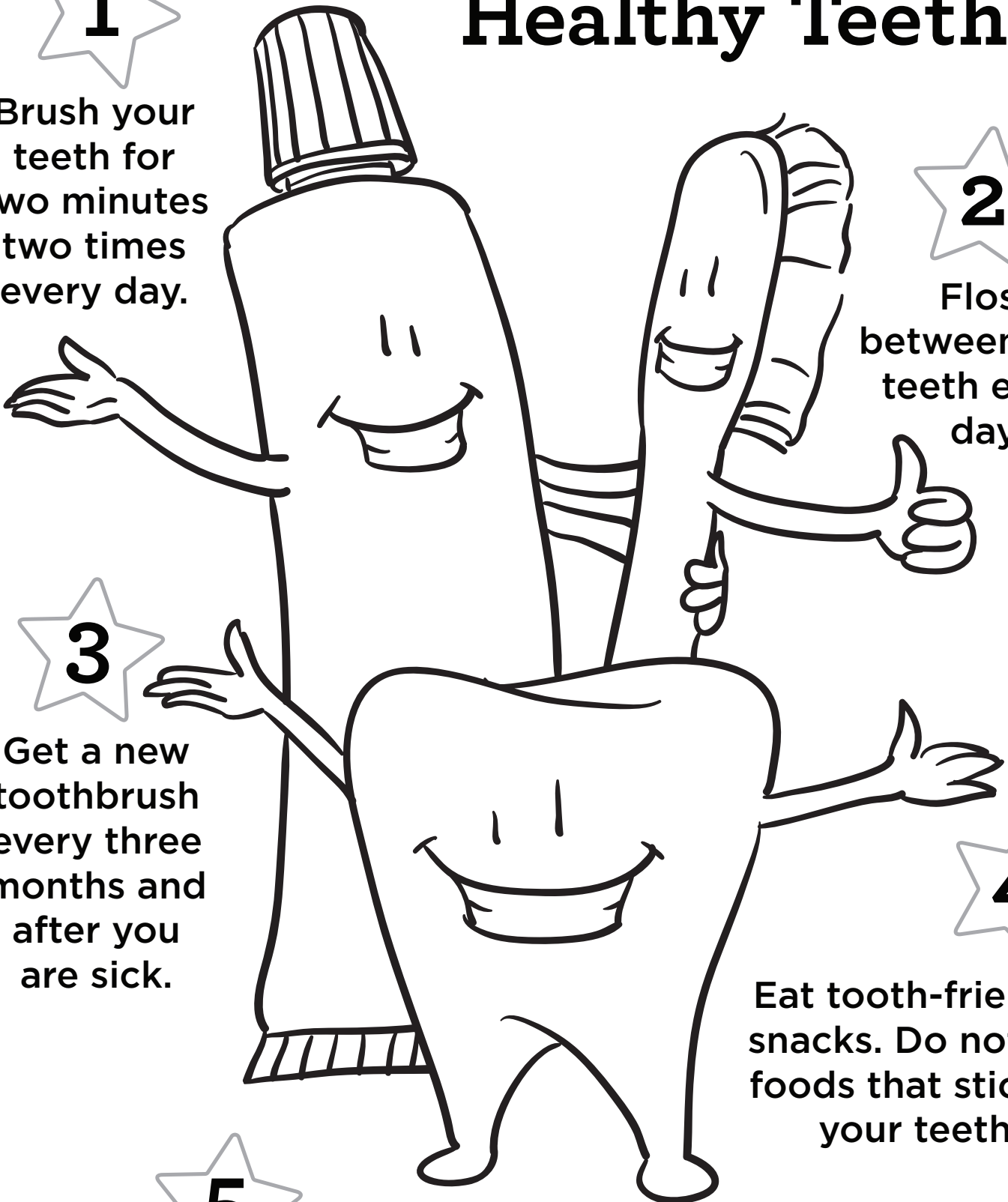
Get a new toothbrush every three months and after you are sick.

4

Eat tooth-friendly snacks. Do not eat foods that stick to your teeth.

5

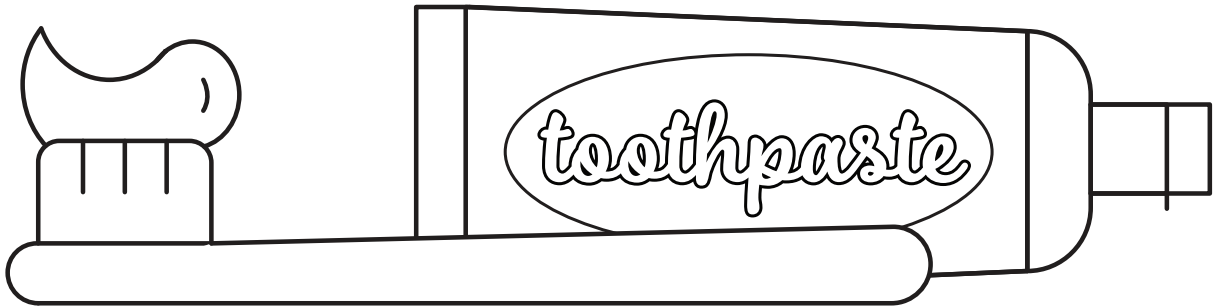
Visit your dentist every six months.



Color the BIG FOUR!

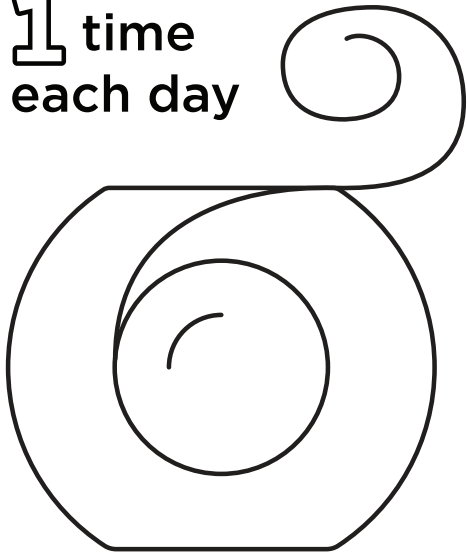
① BRUSH

2 times each day for 2 minutes



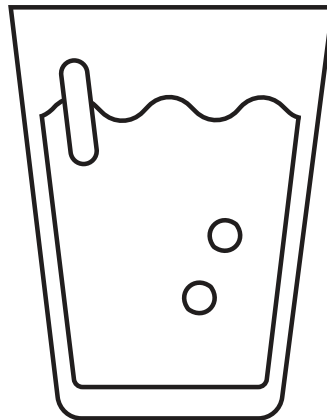
② FLOSS

1 time
each day



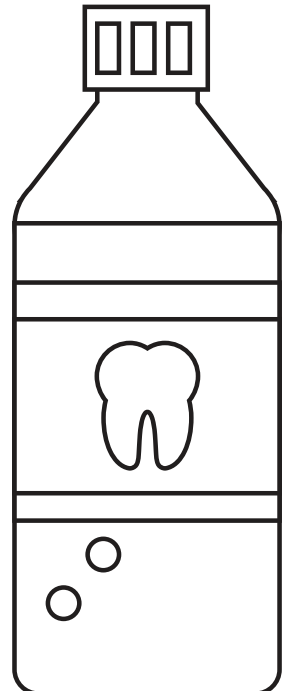
③ RINSE

with:



water

or

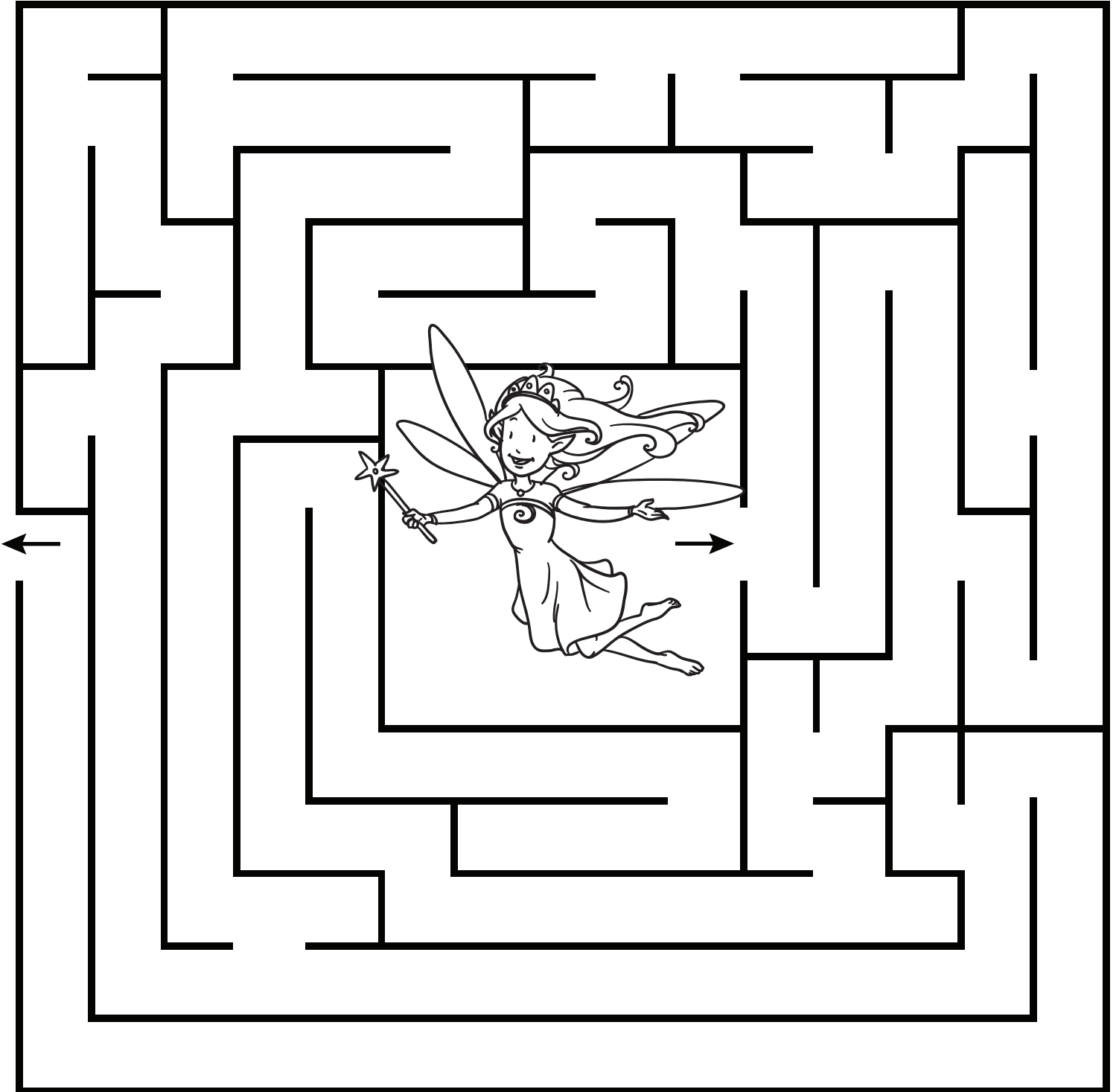


mouthwash
(children 6+)

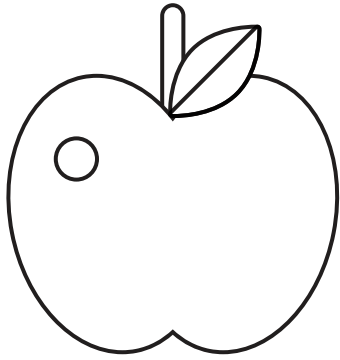
④ REPEAT

every day!

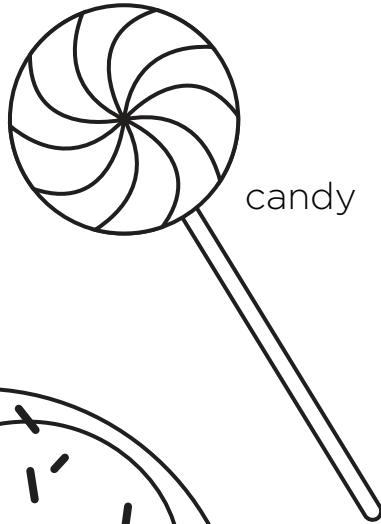
Help the Toothfairy escape the maze!



Color the food. Put an X over the sticky or
sugary foods that are not good for your teeth!



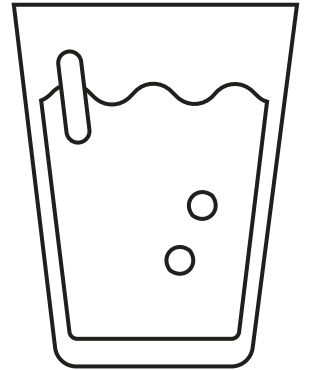
apple



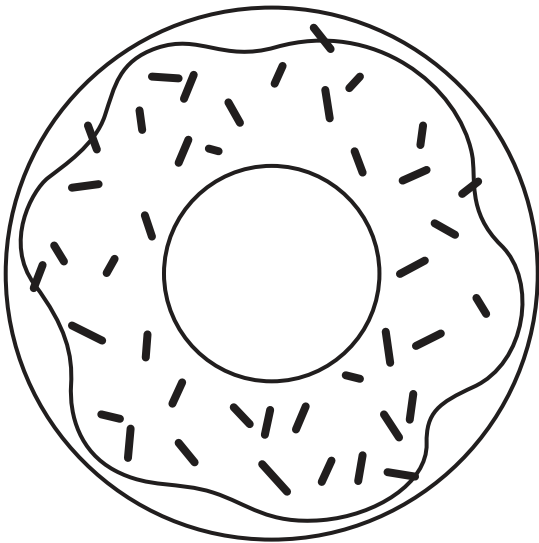
candy



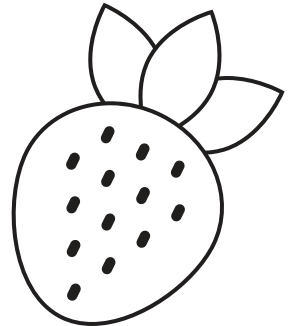
cake



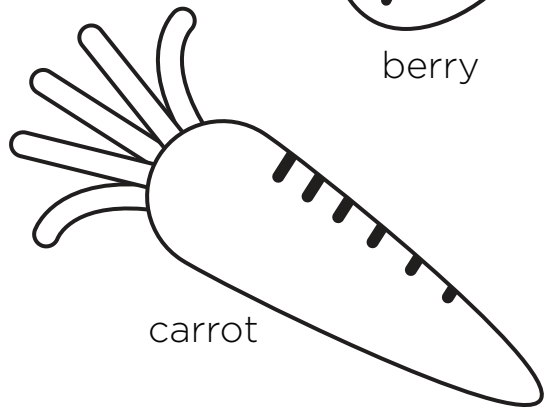
water



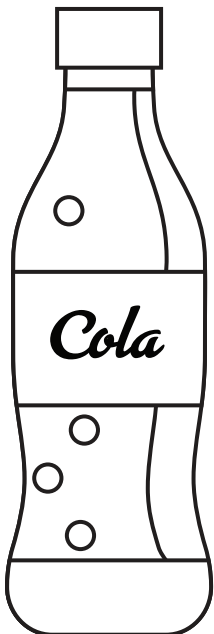
donut



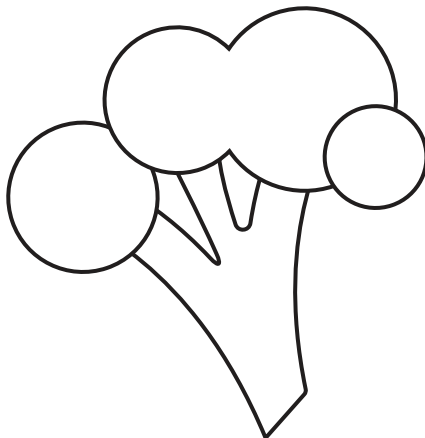
berry



carrot



soda



broccoli

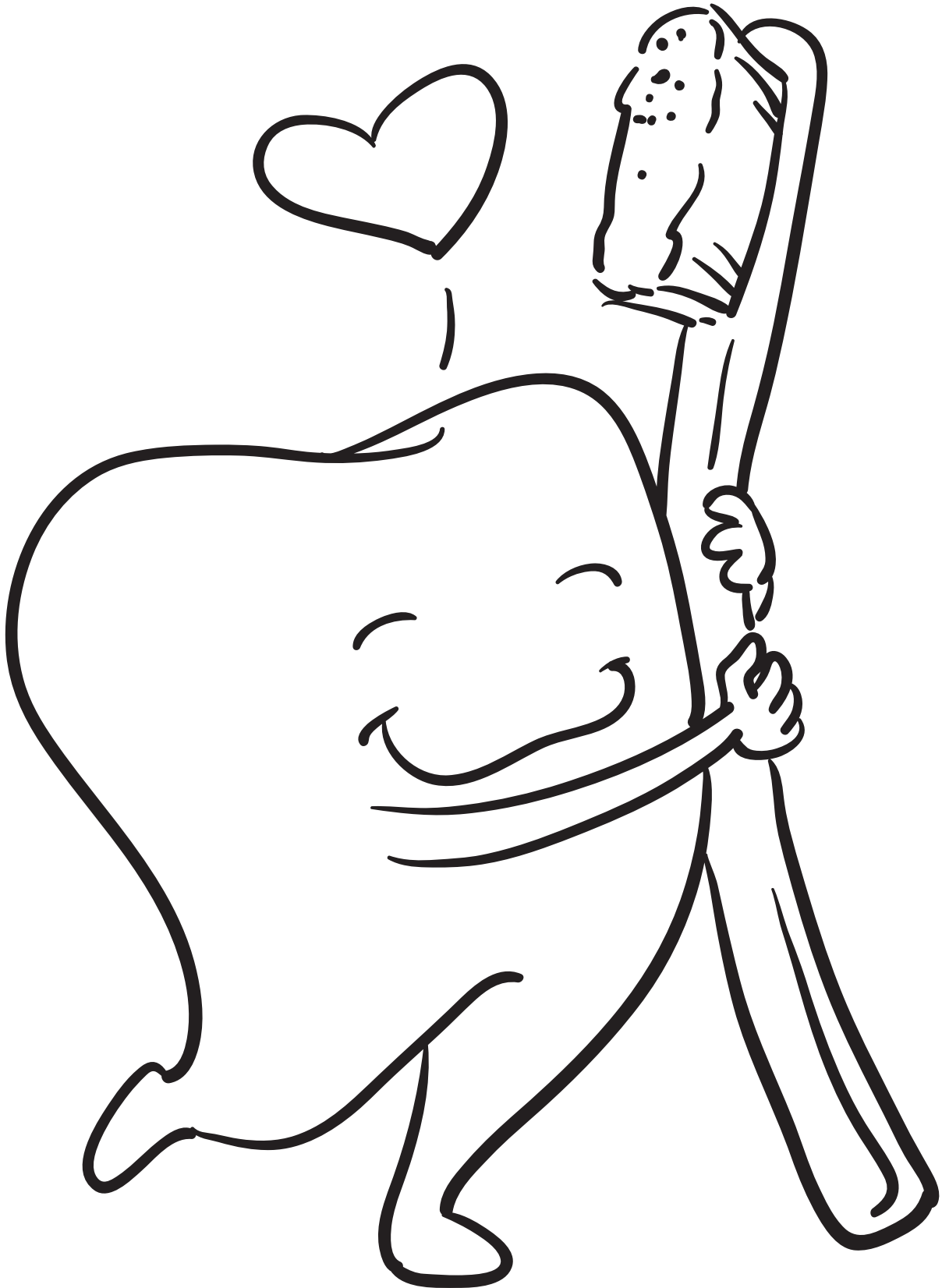


watermelon

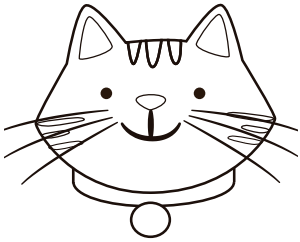
Color the Toothfairy!



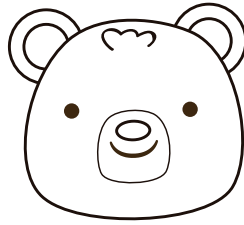
Color the Tooth and his favorite toothbrush.



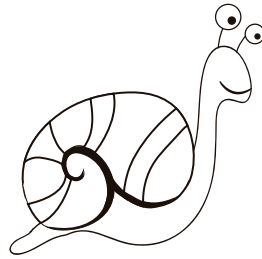
Color the animals that have teeth.



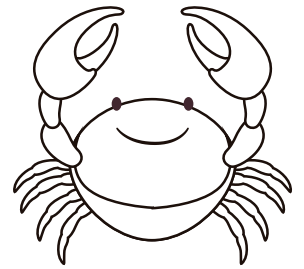
cat



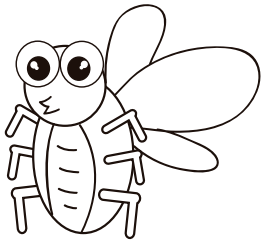
bear



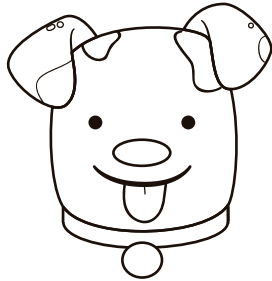
snail



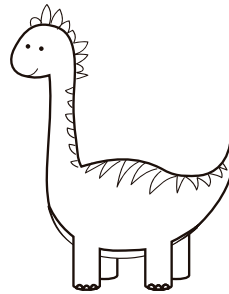
crab



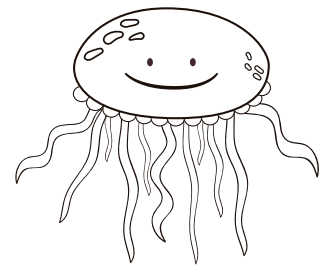
fly



dog



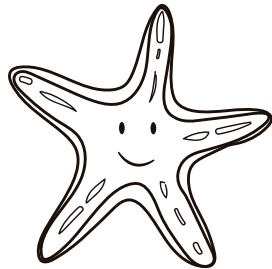
dinosaur



jellyfish



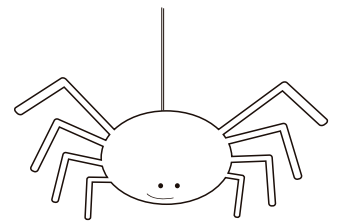
alligator



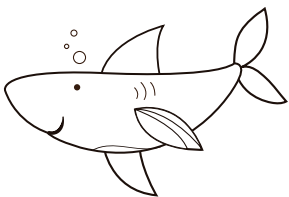
starfish



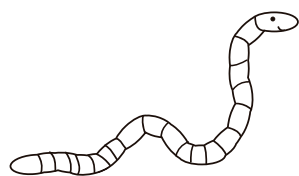
bird



spider



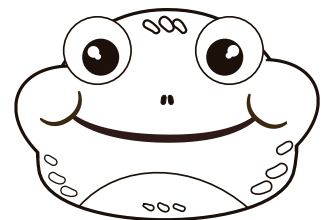
shark



worm

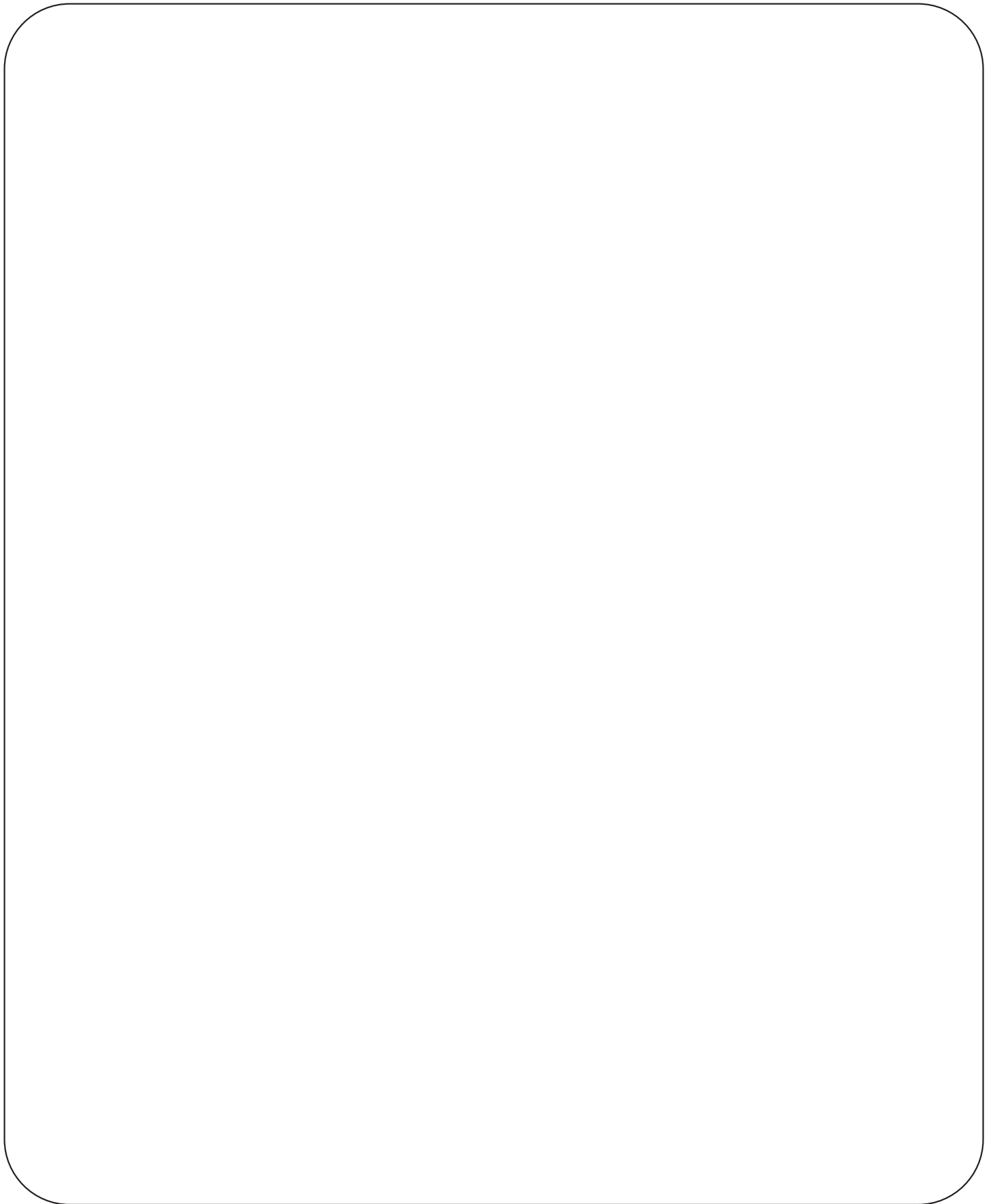


tiger



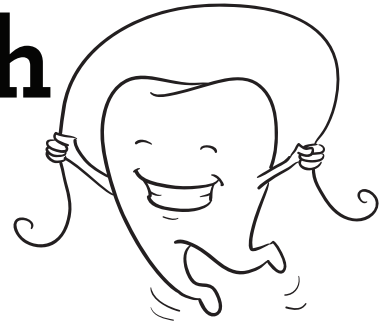
frog

Draw a picture of you brushing your teeth.





My Clean Teeth



Color the star on the days you brush your teeth 2 times for 2 minutes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							

Color the tooth on the days you floss between your teeth.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							

This book belongs to:



For more educational resources visit
AmericasToothFairy.org