



# Take Charge of That Dental Floss!

Hi! We're **Caitlin** and **Carter**, the **Caring Tree Kids**. We want to help you make your teeth the whitest and shiniest ever.

## Let's learn how to floss our teeth!

Dental Floss can be a little uncooperative. It can't help it. Floss is kind of wiggly. It tries to get away from you.

You can make that floss behave and do its job. Floss is a big help in getting those pesky germs that hide in between your teeth. When you learn how to floss, those germs are no longer safe from you!

First, ask an adult to play your favorite song. While it is playing, pull out a piece of floss long enough to stretch from your wrist to your elbow. This should be enough to get between all of your teeth.

Wrap one end of the floss around your pointing finger on your right hand a few times. Then, wrap the other end around your left pointing finger the same way. The part in the middle is going to clean in between your teeth.

Hold onto that floss tightly! Remember, it is very wiggly and will try to get away from you.

Gently slide the floss between each tooth and its neighbor. Rub the floss a little on the tooth – do each side so one doesn't feel left out.

When you get close to your gums, curve the Floss into a 'C' shape and slide it carefully between your tooth and gums. You are going after all those GERMS!

Don't forget any of your teeth. They are afraid of germs and it's your job to protect them!

**Wow!** Our teeth feel really clean. How about yours?

					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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