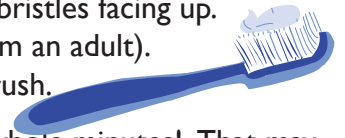




Learn to brush your teeth with us!

We're **Caitlin** and **Carter**, the **Caring Tree Kids**. Let's brush our teeth together.

First, put your toothbrush on the counter with the bristles facing up. Then, carefully open the toothpaste (or get help from an adult). Squeeze a pea-sized amount gently on your toothbrush.



It's important to brush your teeth for at least two whole minutes! That may seem like a long time, but your teeth have fronts, backs, and tops.

Ask an adult to play your favorite song (it has to be at least two minutes long) while you brush. That way, you'll be sure to get all your teeth really squeaky clean.

We are going to pay close attention to our back teeth – these are our **Molars**. These are the teeth you use to chew your food! Brush on top and bottom, in front and back. Ask an adult to show you how to angle your brush to reach near your gums.

Next, we will brush our front teeth. Brush front and back, even near your tongue and the top (roof) of your mouth. Your tongue is feeling lonely. Be sure you brush your tongue carefully.

Do you need help with dental floss? Ask an adult to help. If you stretch the floss from your wrist to your elbow, you should have enough to do your teeth. Be sure to floss between all your teeth – don't leave any of them out.

Is your song still playing? Great!

Don't forget to spit out the extra toothpaste – you don't want to swallow any.

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

					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

NAME _____



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					

NAME _____



No Thumb Sucking for Us!

Hi! We're **Caitlin** and **Carter**, the **Caring Tree Kids**.

Do you suck your thumb? We used to suck our thumbs, too. Almost all babies suck their thumbs. Most toddlers do too. But, sucking your thumb can be harmful to your 'big kid' teeth.

Let's talk about some ways to help you stop.

Do you suck your thumb at night? Sometimes asking an adult to help you by putting gloves or socks on your hands before you go to bed can help.

A bandage on your thumb during the day can help remind you not to suck your thumb. Ask your Mom or Dad to use one that has bright colors on it to make it more fun. The bandage will feel funny in your mouth and it won't be much fun to suck your thumb.

It can be embarrassing to suck your thumb at school or when you are invited to stay over at a friends' house. Lots of kids still suck their thumbs by the time they are in school, but it is a good thing to stop. Your 'big kid' teeth will love you for it.

Here's a chart our parents used to help us stop sucking our thumbs.

(It worked!)

 				
Monday	 	 	 	 
Tuesday	 	 	 	 
Wednesday	 	 	 	 
Thursday	 	 	 	 
Friday	 	 	 	 
Saturday	 	 	 	 
Sunday	 	 	 	 

NAME _____