



**NAME:** \_\_\_\_\_

### **Note to Parents and Guardians**

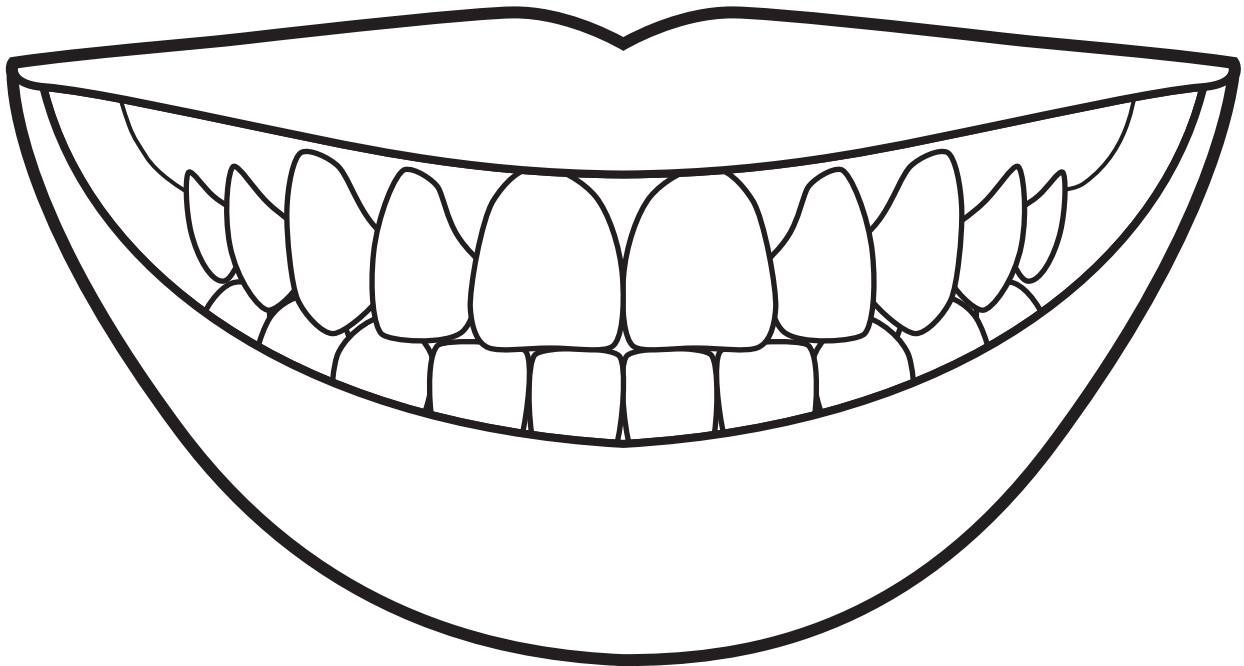
The Centers for Disease Control and Prevention has created this activity book to offer parents an interactive way to talk to their children about ways to care for their teeth. Regular oral health habits, such as brushing your teeth, flossing, and regular visits to the dentist can help prevent cavities. This activity book is recommended for children from 3–8 years old.



# COLORING ACTIVITY

Remember to brush your teeth with fluoride toothpaste twice per day for two minutes each time.

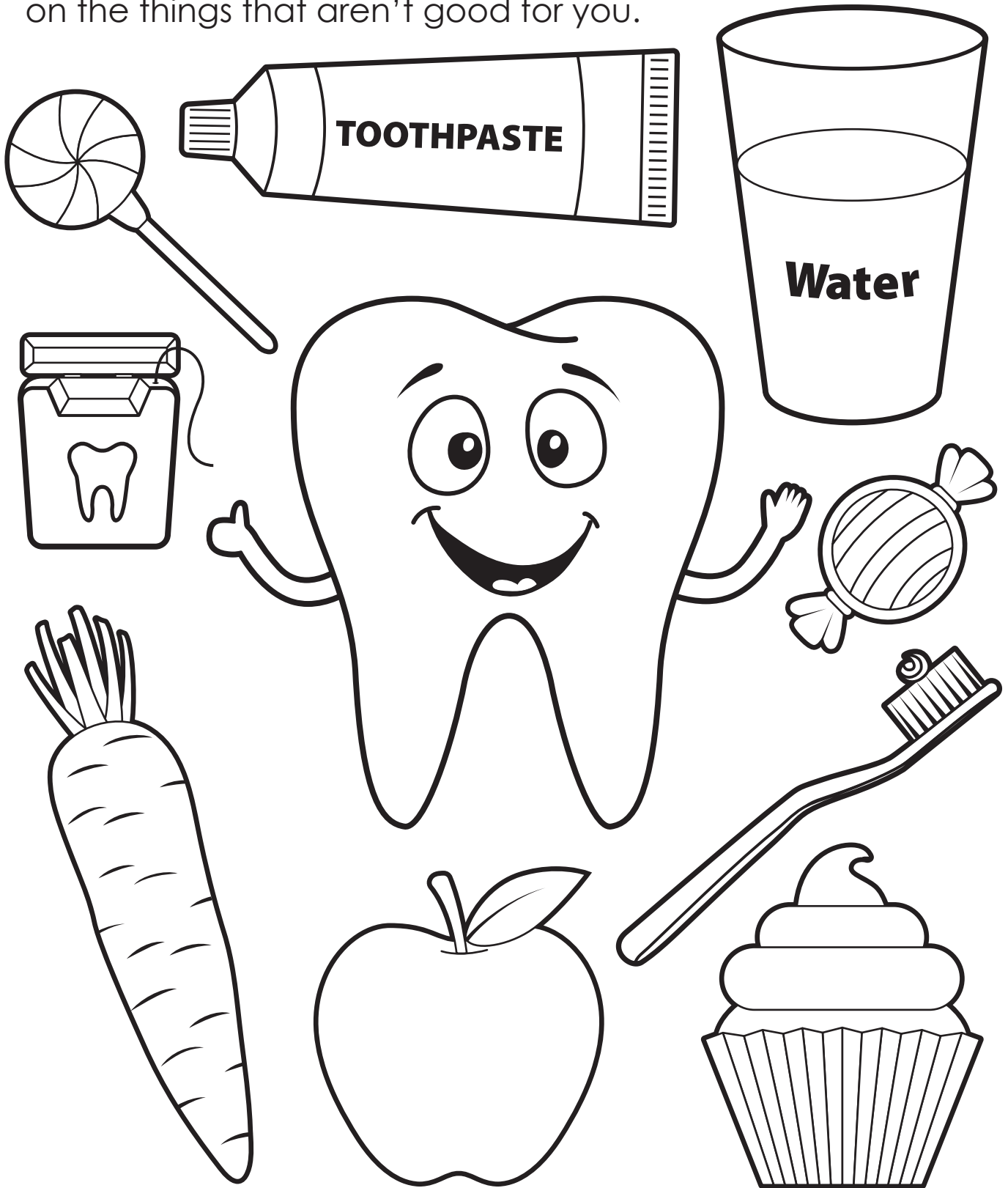
**Paint the teeth below in your favorite color!**



Can you count how many teeth need to be brushed in this picture? \_\_\_\_\_

# PROTECT YOUR TEETH FROM CAVITIES!

Color the things that are good for your teeth and put an X on the things that aren't good for you.

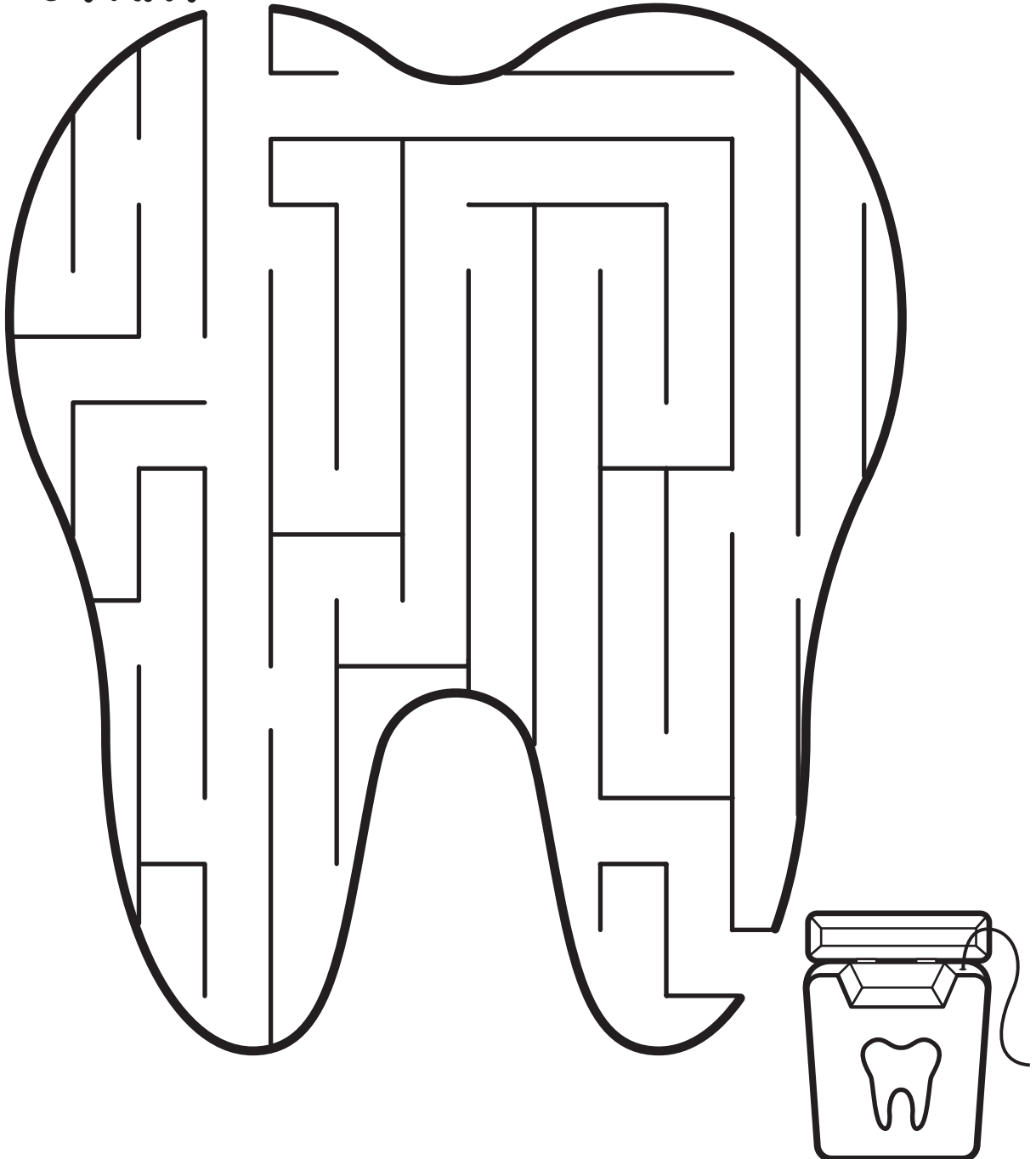


# TOOTH MAZE ACTIVITY

Remember to floss your teeth every day.

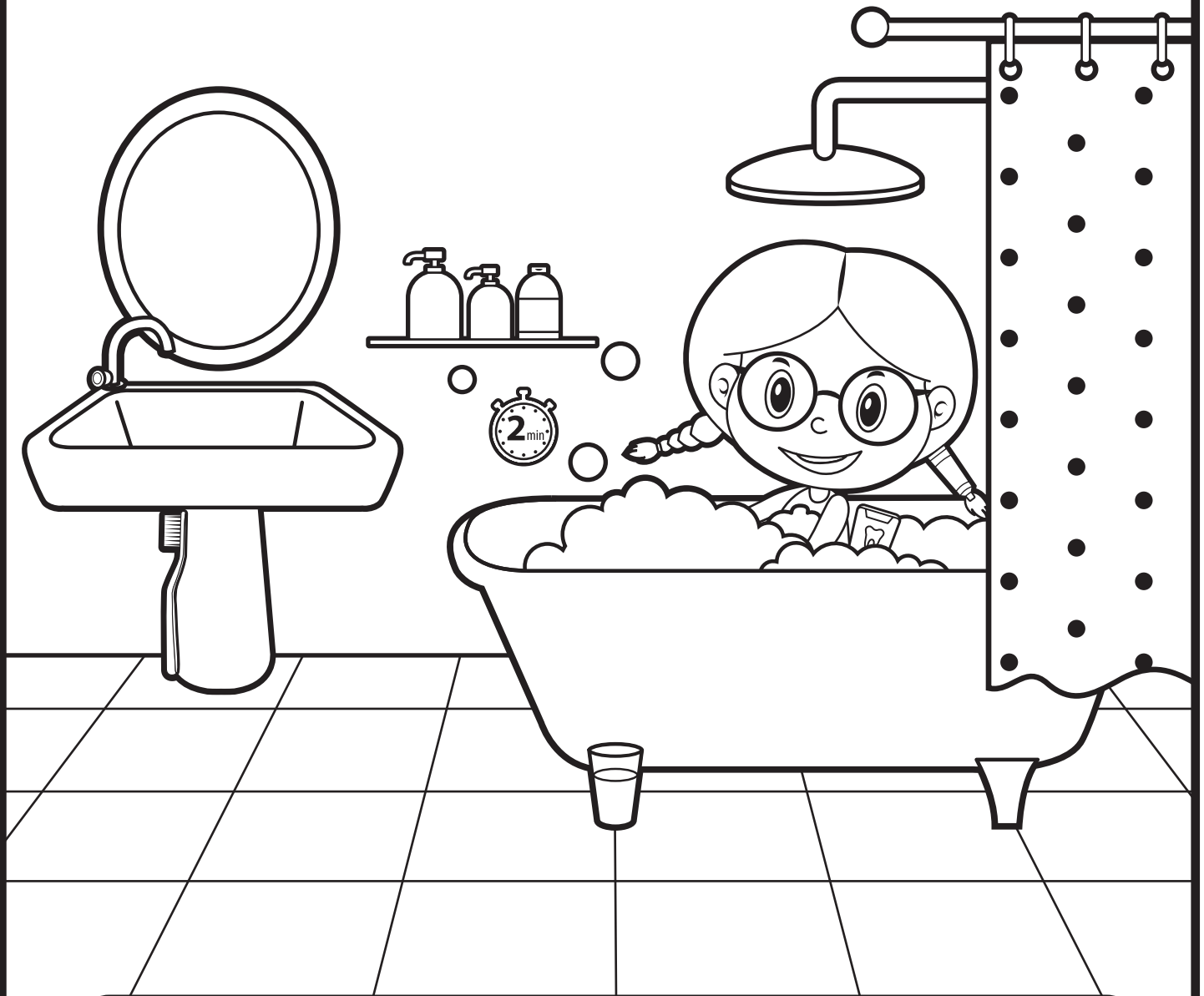
Can you help get the floss all the way around the tooth?

**START**



# SEARCH AND FIND

Can you find these hidden items in this picture?



FLOSS



SMILING MOUTH



TOOTHPASTE



2 MINUTE TIMER



TOOTHBRUSH



WATER CUP

# WORD SEARCH

Can you help find and circle the hidden oral health words in this word puzzle?

The words can be across, down, or even diagonal.

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

CAVITIES	SEALANT
DENTIST	SMILE
FLOSS	TEETH
FLUORIDE	TOOTHBRUSH
GUMS	TOOTHPASTE

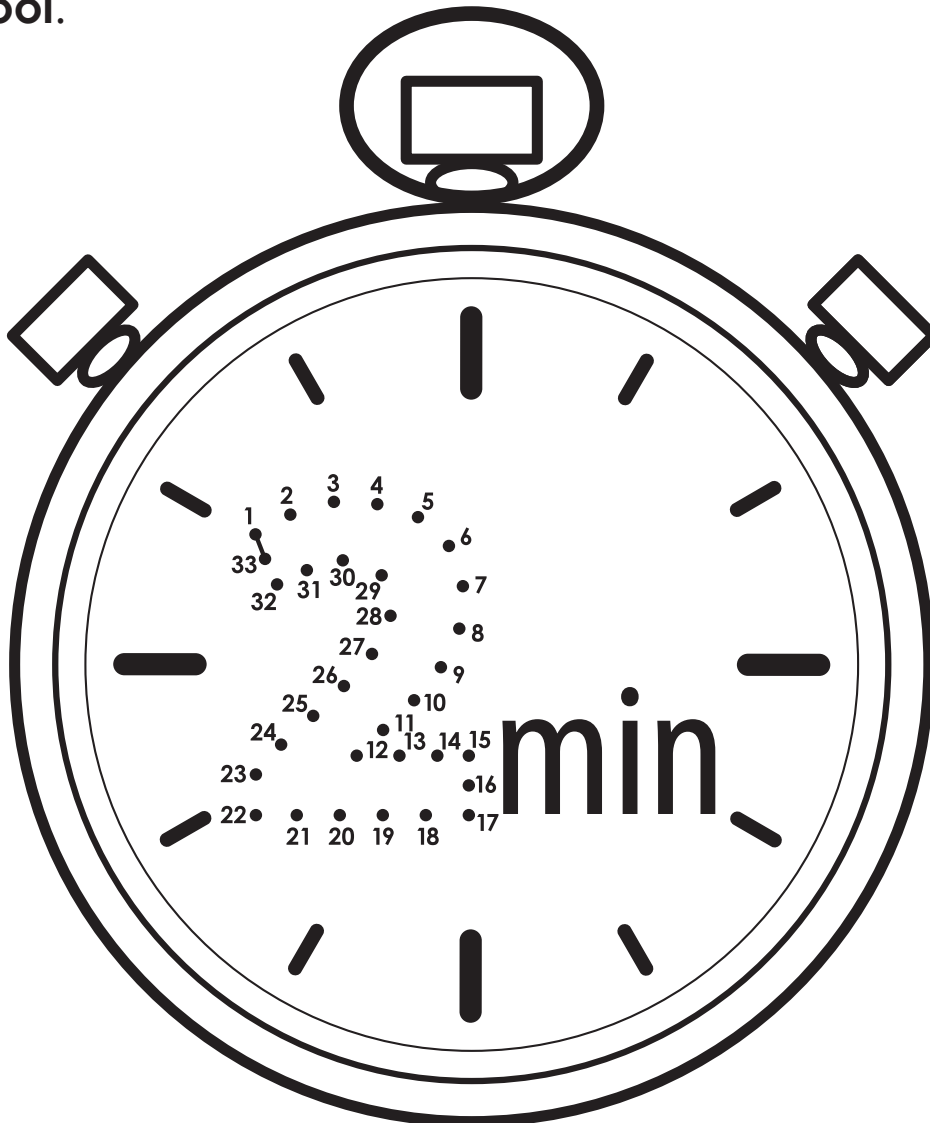


# CONNECT THE DOTS

Did you know you should brush your teeth for at least two minutes in the morning and before bed? It can help to listen to two minutes of your favorite song while you brush your teeth.

Set your song or timer for two minutes each time you brush your teeth. Doing this can help remove all germs that may be on your teeth.

**Be an oral health hero! Connect the dots to find a helpful timing tool.**



Cut Here

# GREAT JOB!

\_\_\_\_\_  
(Your Name)

has learned so much about oral health!

**To be an oral health hero, remember to:**

- Brush your teeth two times per day!
- Floss your teeth daily!
- Eat fruits and vegetables instead of sugary foods!
- Drink tap water that contains fluoride!
- Visit your dentist regularly!

**Here are a few things I learned:**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

