

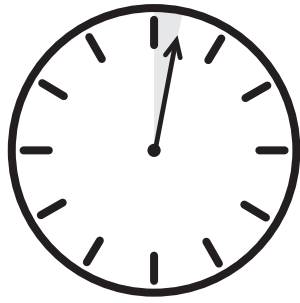
Let's talk  
**teeth**



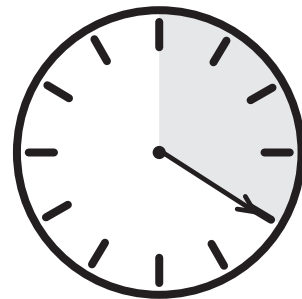
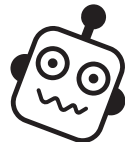
with **Manny**  
the Rethink Your Drink Kid

**DELTA DENTAL**  
FOUNDATION

Brush for a healthy body and read for a healthy mind!

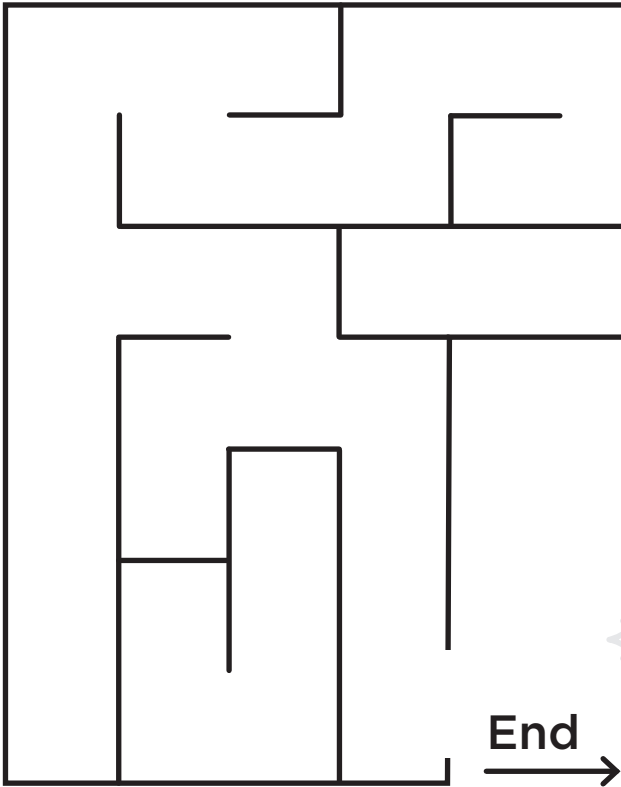
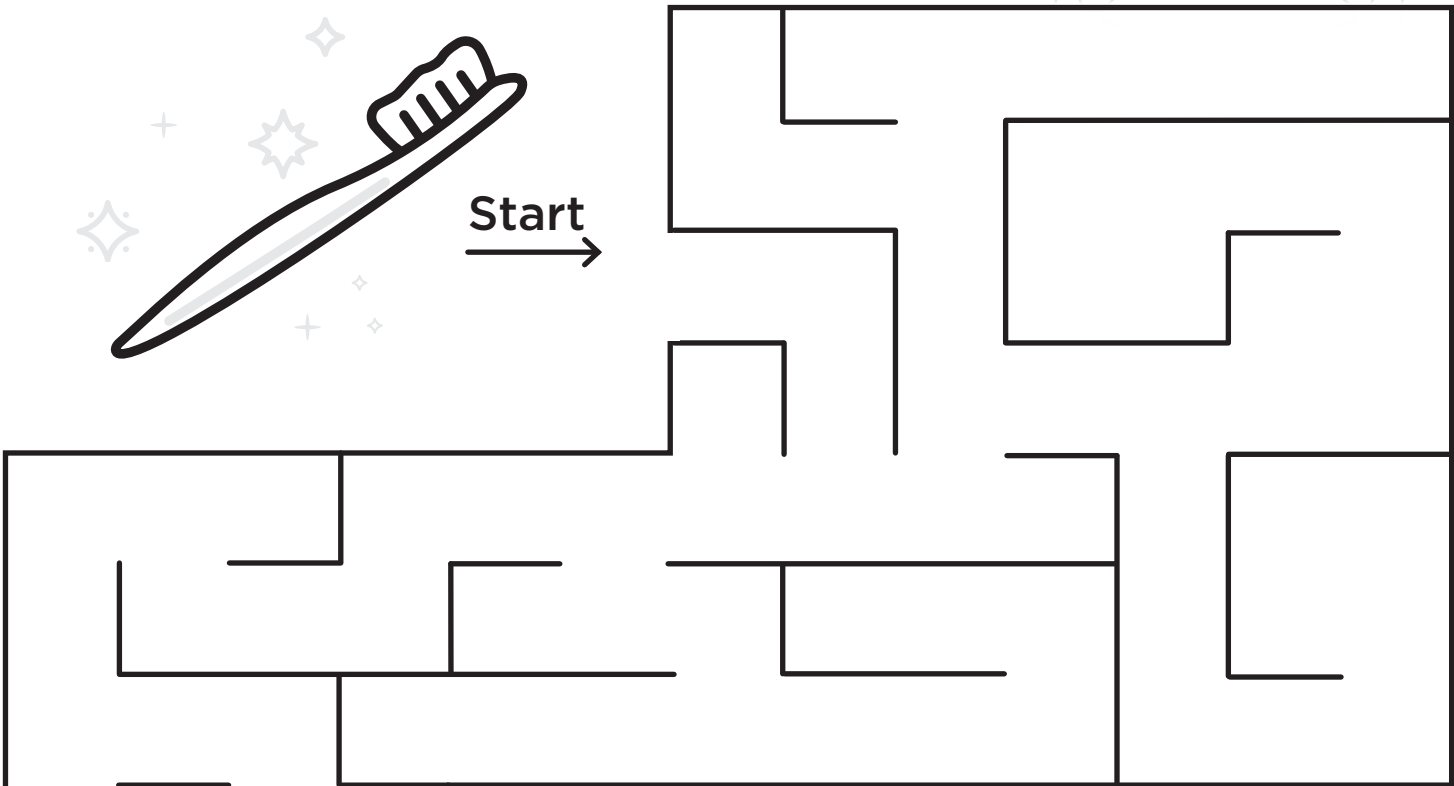


Brush your teeth 2 times a day for 2 minutes each time.

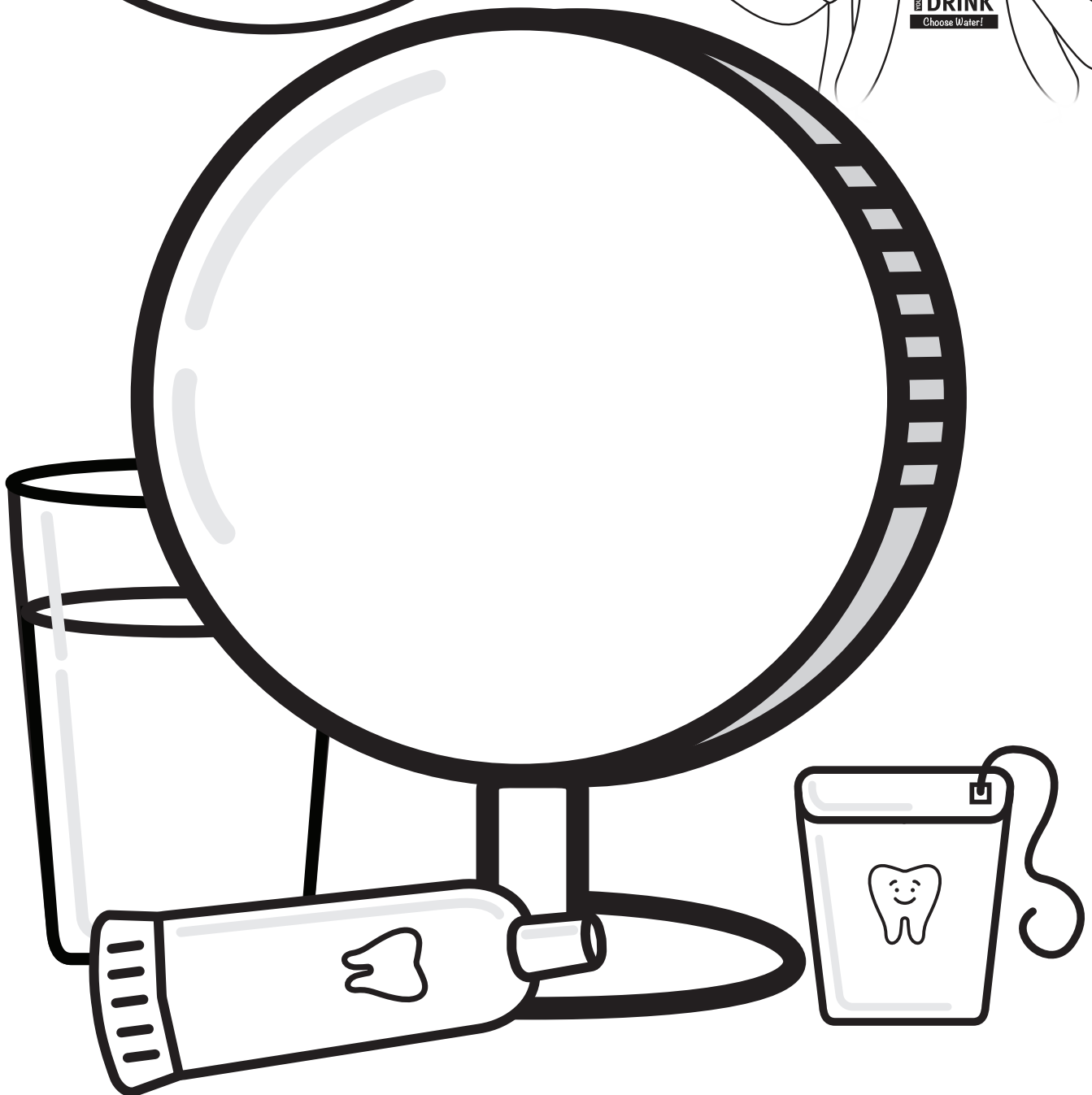


Read for 20 minutes every day.

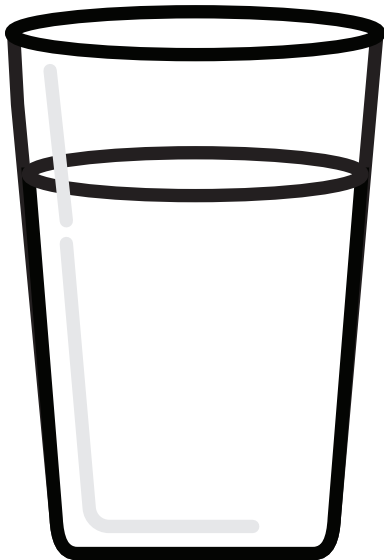
Manny loves a healthy smile!



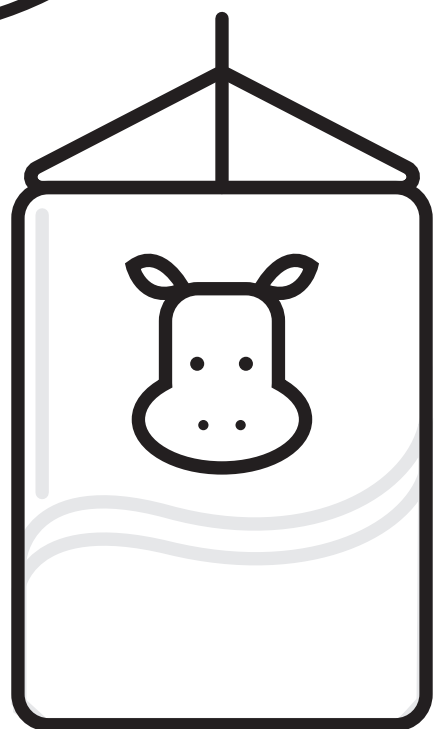
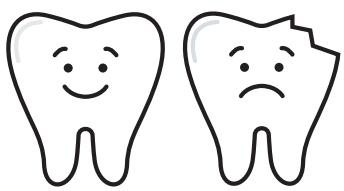
Draw yourself  
brushing  
your teeth.



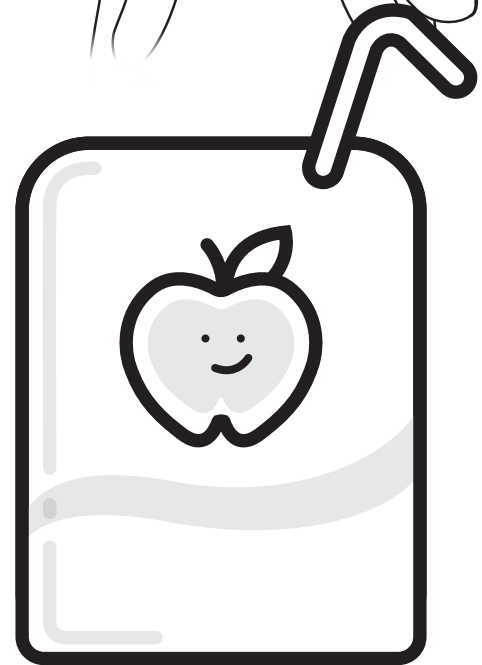
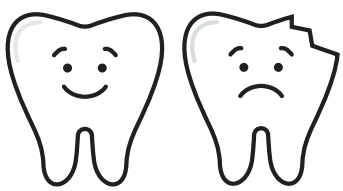
Which drinks  
are best  
for teeth?



1. Water



2. Milk



3. Apple Juice

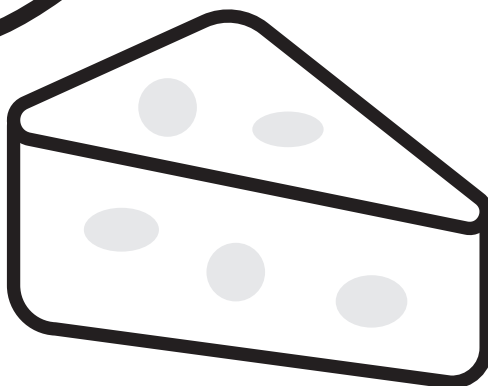
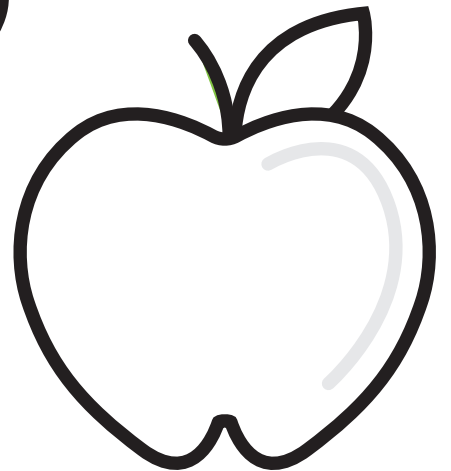
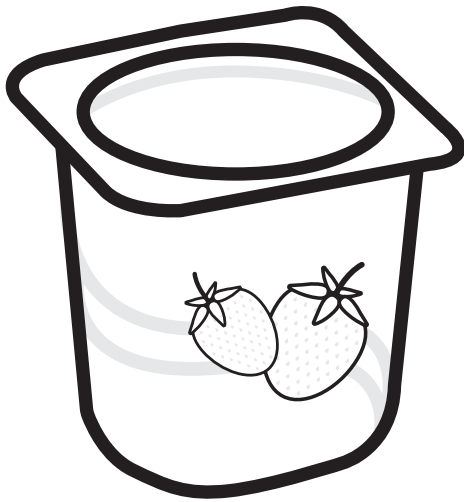
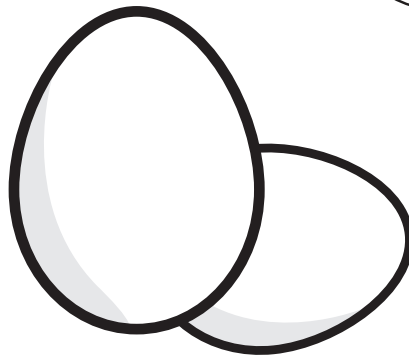


Color in the happy tooth if it is a healthy drink, or a sad tooth if it's a sugary drink which hurts our teeth .

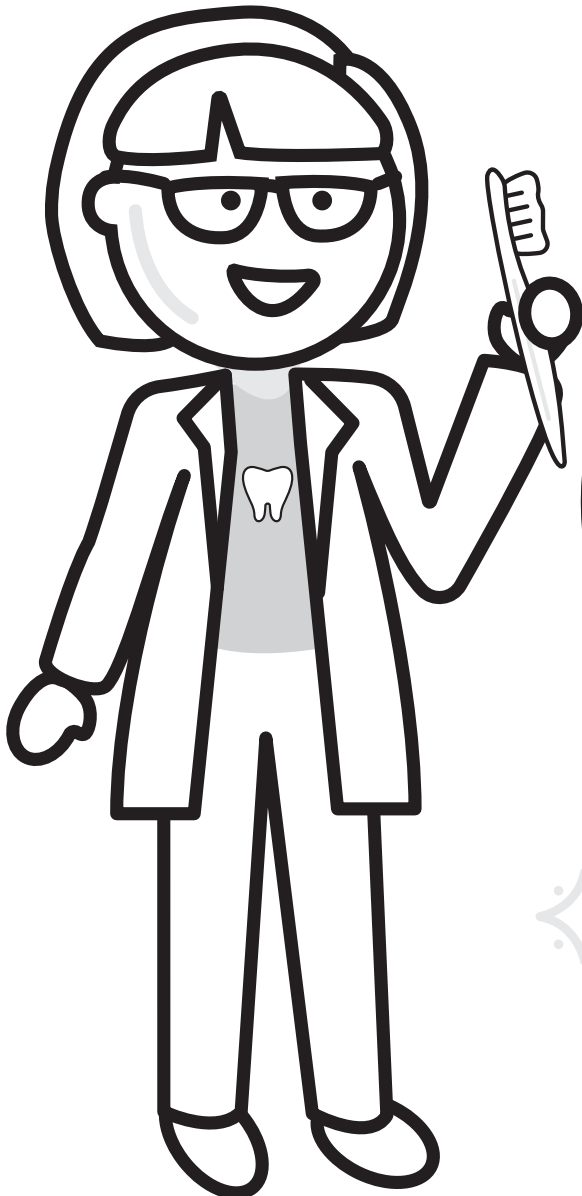
Answers: 1. = 2. = 3. =

**Eat healthy  
foods for  
strong teeth.**

Color your  
favorite foods.



Visit the dentist  
2 times a year.  
The dentist is  
your friend!



What do you use your teeth for?



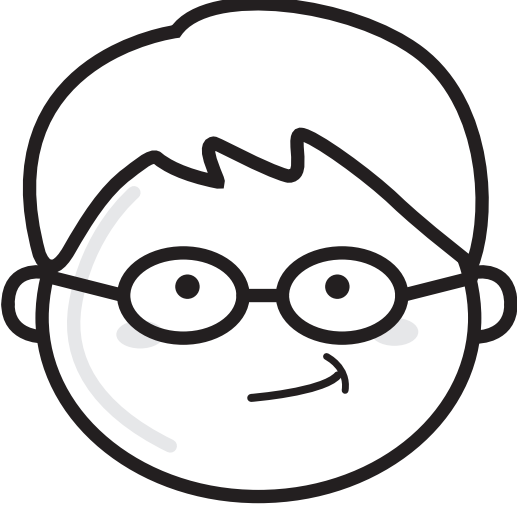
Smiling



Singing



Talking



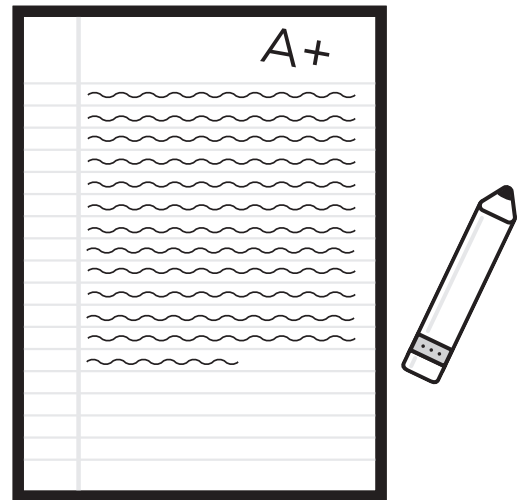
Chewing



Healthy teeth  
can help you do  
better in school!



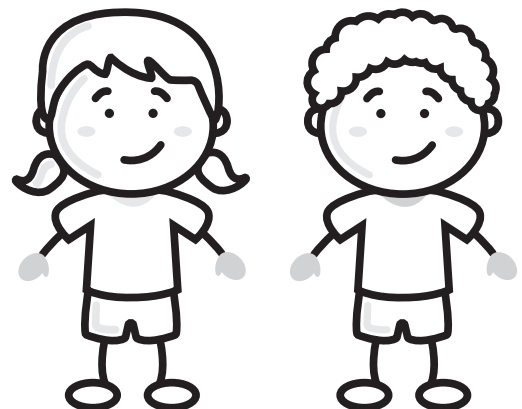
Better rested



Good grades



More healthy days

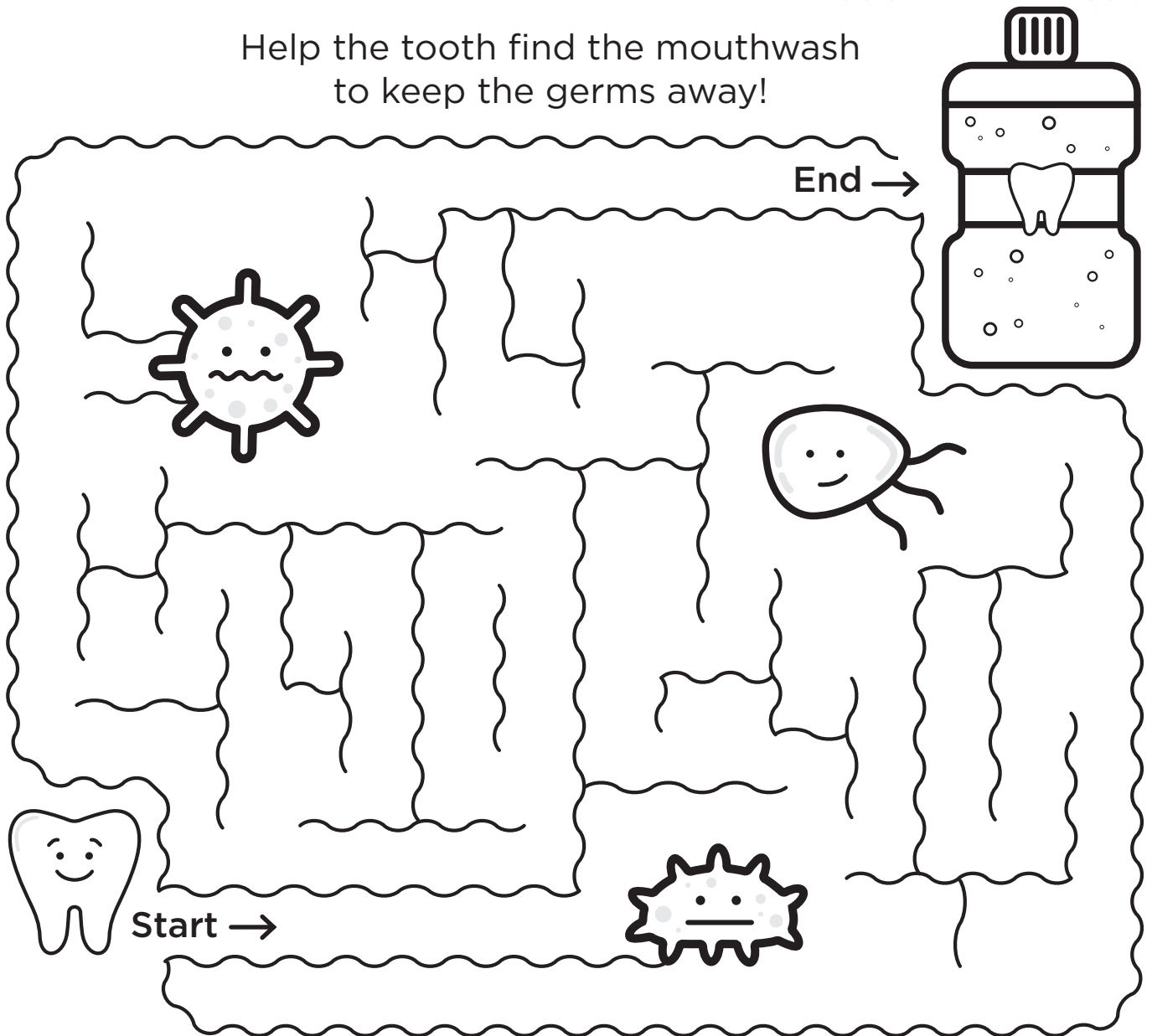


Smiling with friends

Use mouthwash  
once a day to  
keep germs  
away from  
your teeth!



Help the tooth find the mouthwash  
to keep the germs away!



Help Manny  
find the hidden  
words!



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



DENTIST  
 FLOSS  
 TOOTHPASTE  
 TOOTHBRUSH  
 SMILE  
 GUMS  
 MILK  
 HEALTHY  
 GERMS  
 WATER  
 CLEAN









# Your child's teeth are important!

Children with dental problems have trouble smiling, eating, sleeping, concentrating and learning in school.

**Kids miss 51 million hours of school a year due to oral health problems—most of which can be prevented.**

## A healthy smile starts with healthy habits

-  **Brush 2 times a day for 2 minutes each time**
-  **Floss once a day**
-  **Use mouthwash once a day**
-  **Choose water or milk; skip soda pop or juice**
-  **Eat healthy foods, low in sugar**
-  **Schedule regular dentist visits**



Visit [www.deltadental.foundation](http://www.deltadental.foundation) to find resources and information.