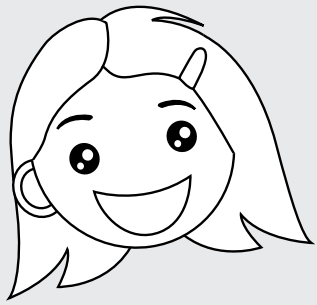




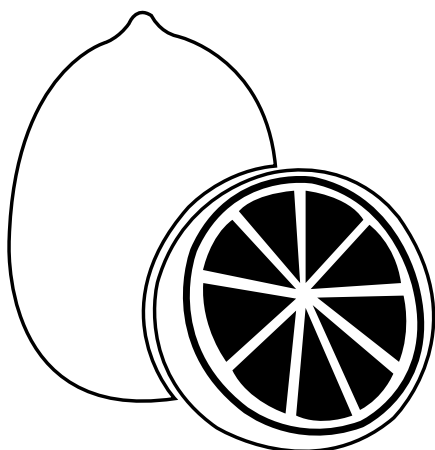
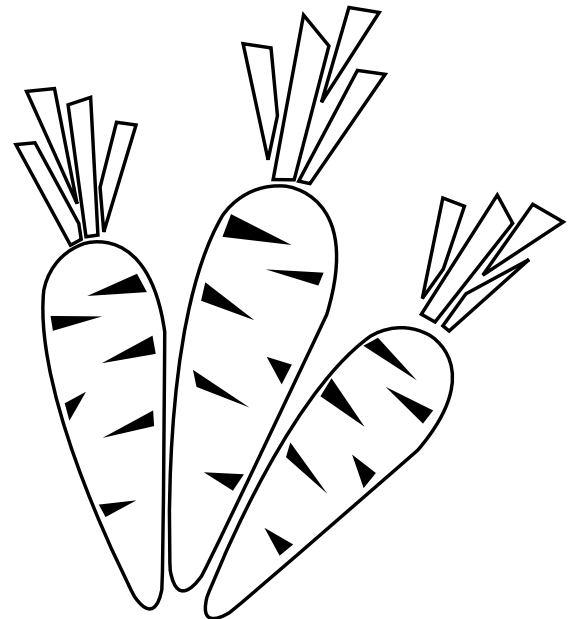
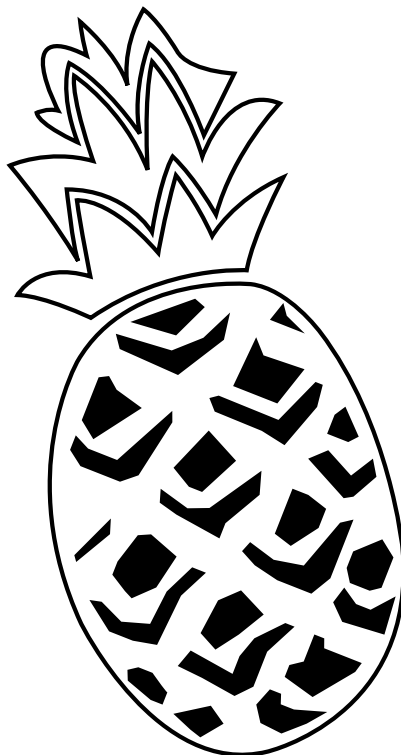
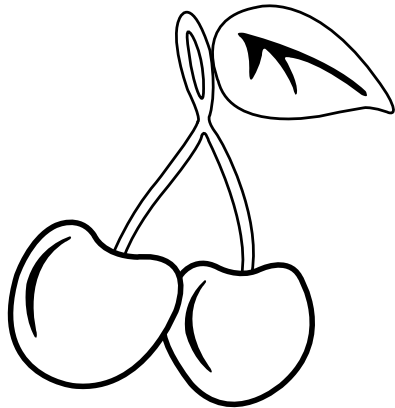
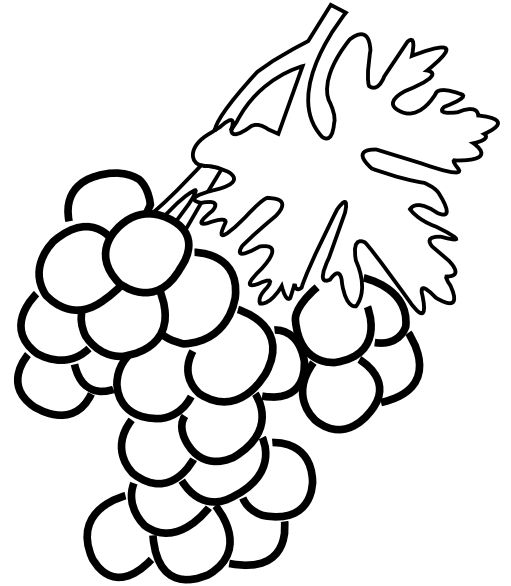
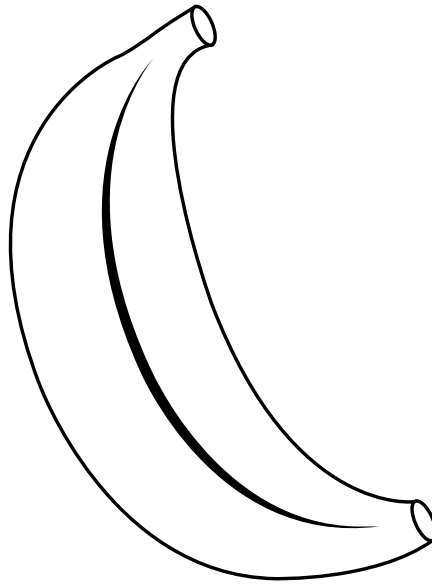
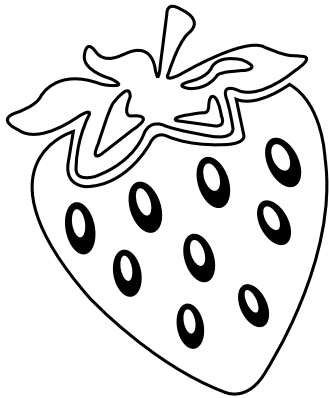
A Healthy Smile  
Is A Happy Smile!

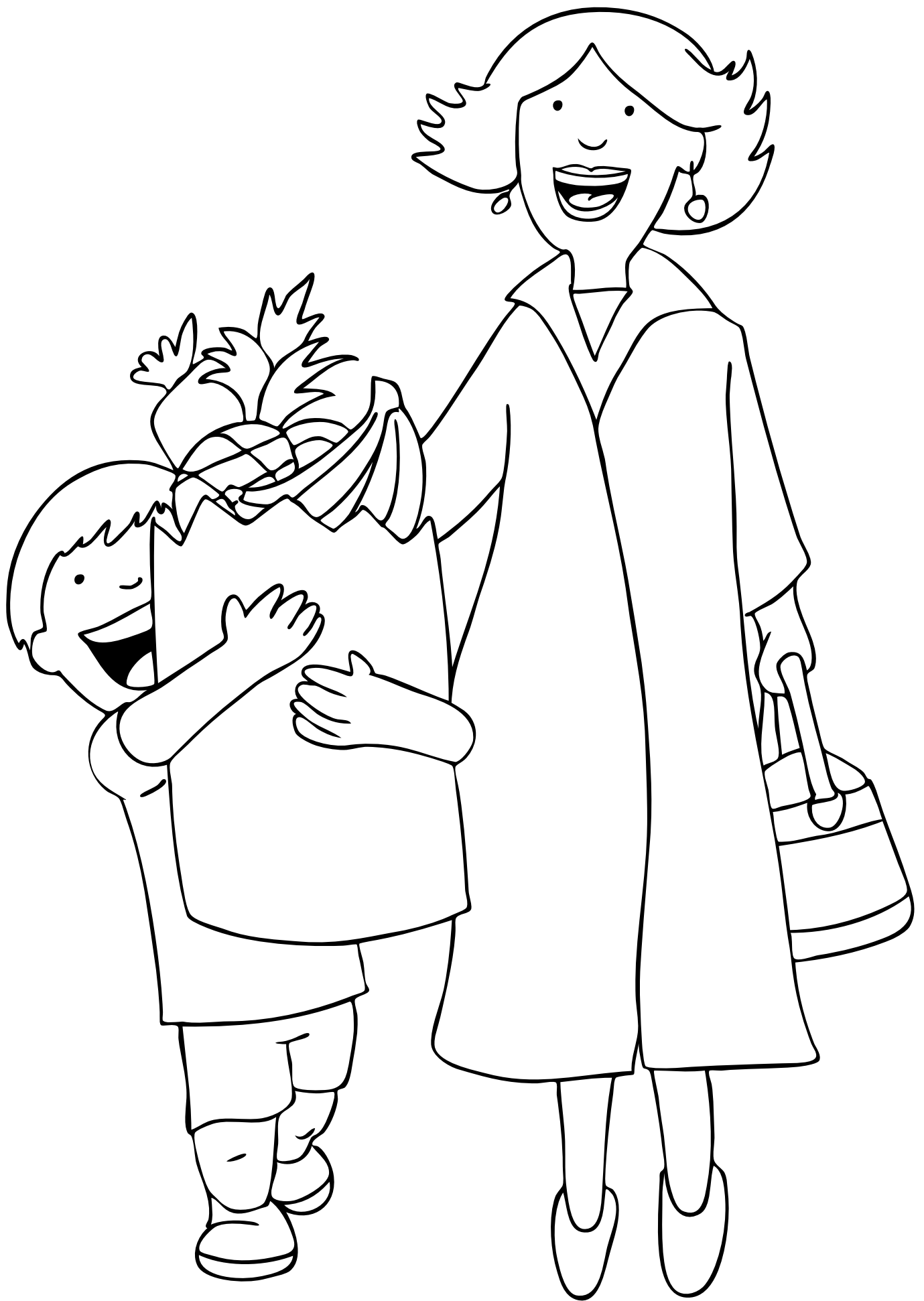


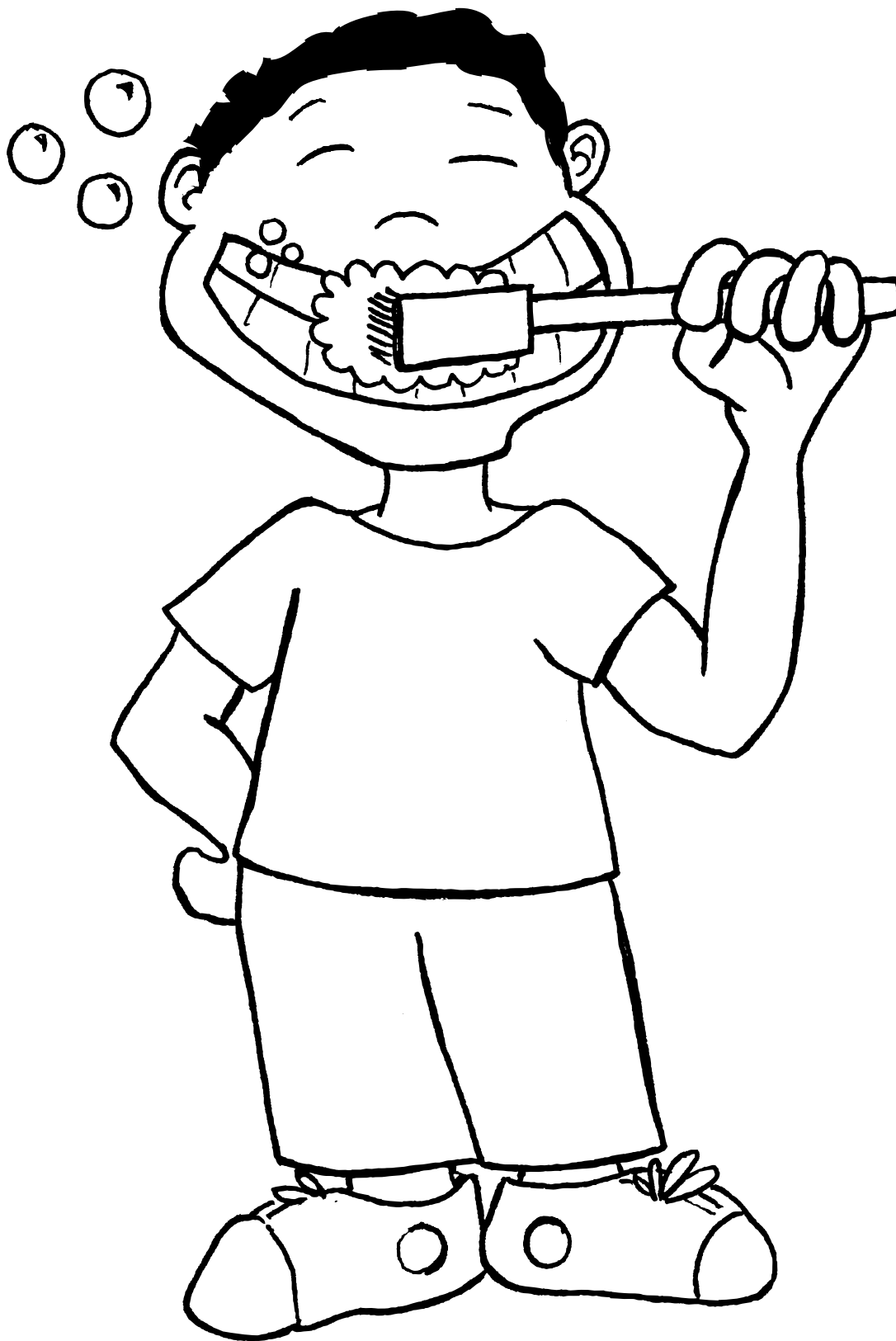
Renaissance<sup>®</sup>  
Dental



Fruits and veggies are healthy snacks for your teeth and body. They can even help clean your teeth as you chew!



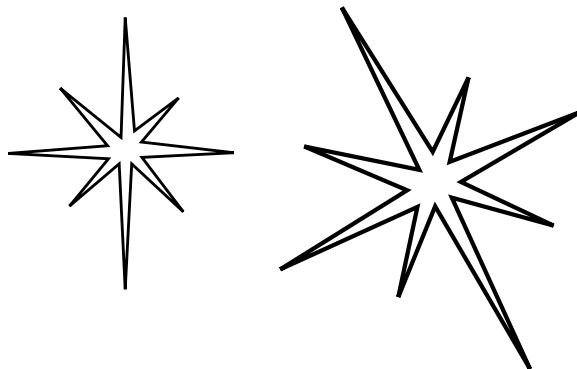
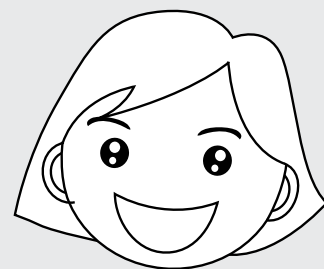




Brush at least twice per day to keep  
your smile healthy and white.

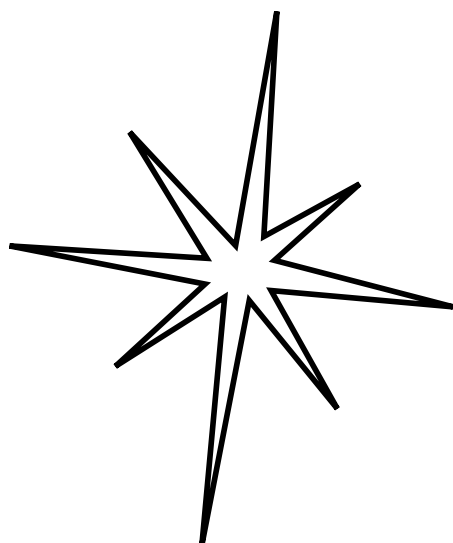


Can you find the hidden words? They may be forward, backward, up, down, or diagonal.



SMILE  
TOOTH  
BRUSH  
DENTIST  
FLOSS  
FLUORIDE  
GUMS  
HEALTHY  
TONGUE

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







Regular visits to the dentist are a good way to take care of your teeth.

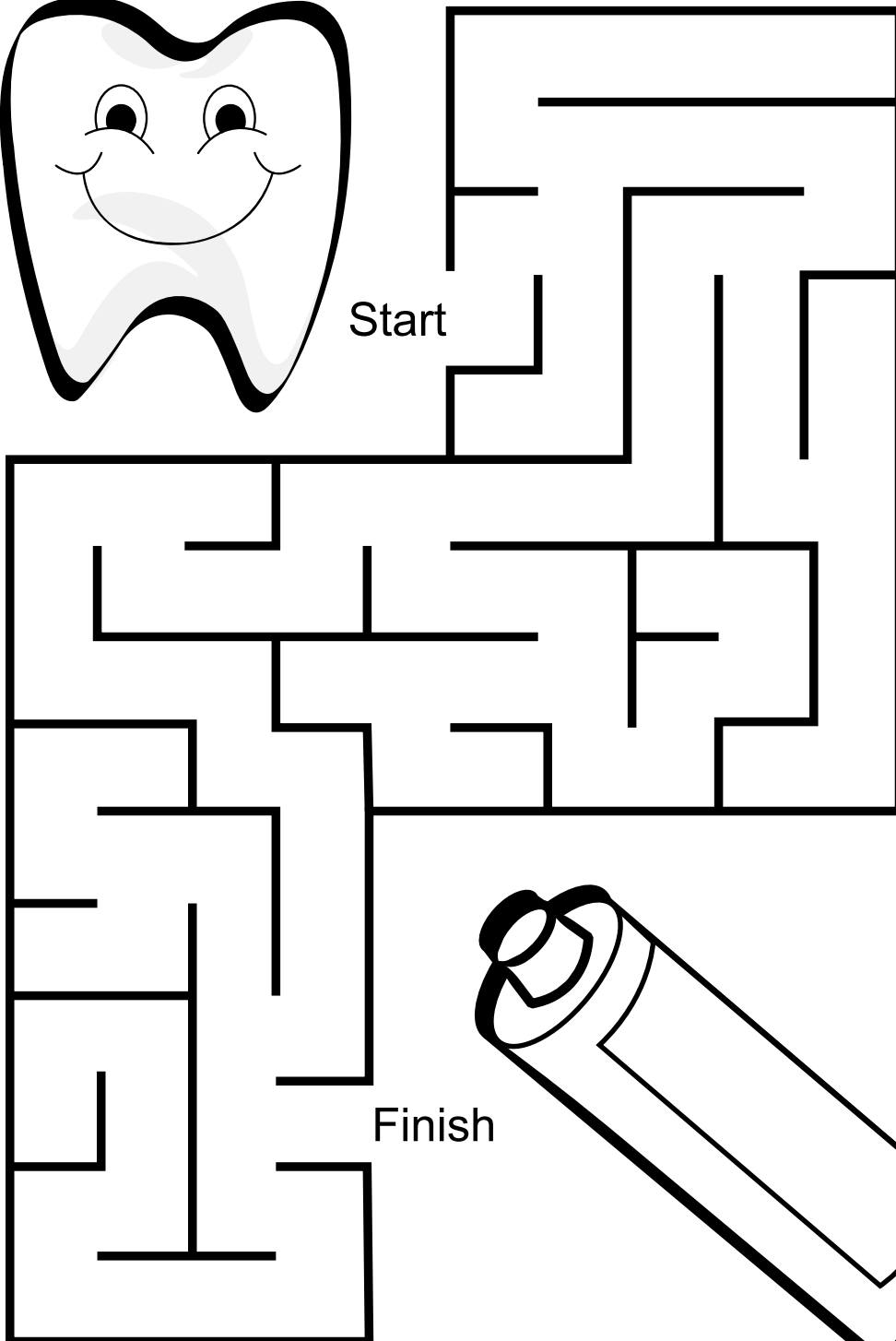




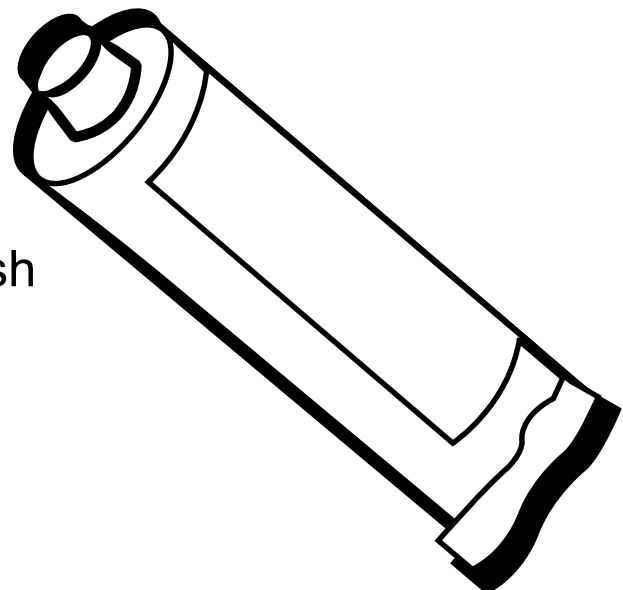
Can you help the tooth find its way to the toothpaste?



Start



Finish









Draw yourself brushing your teeth.



# Parents: The best way to brush

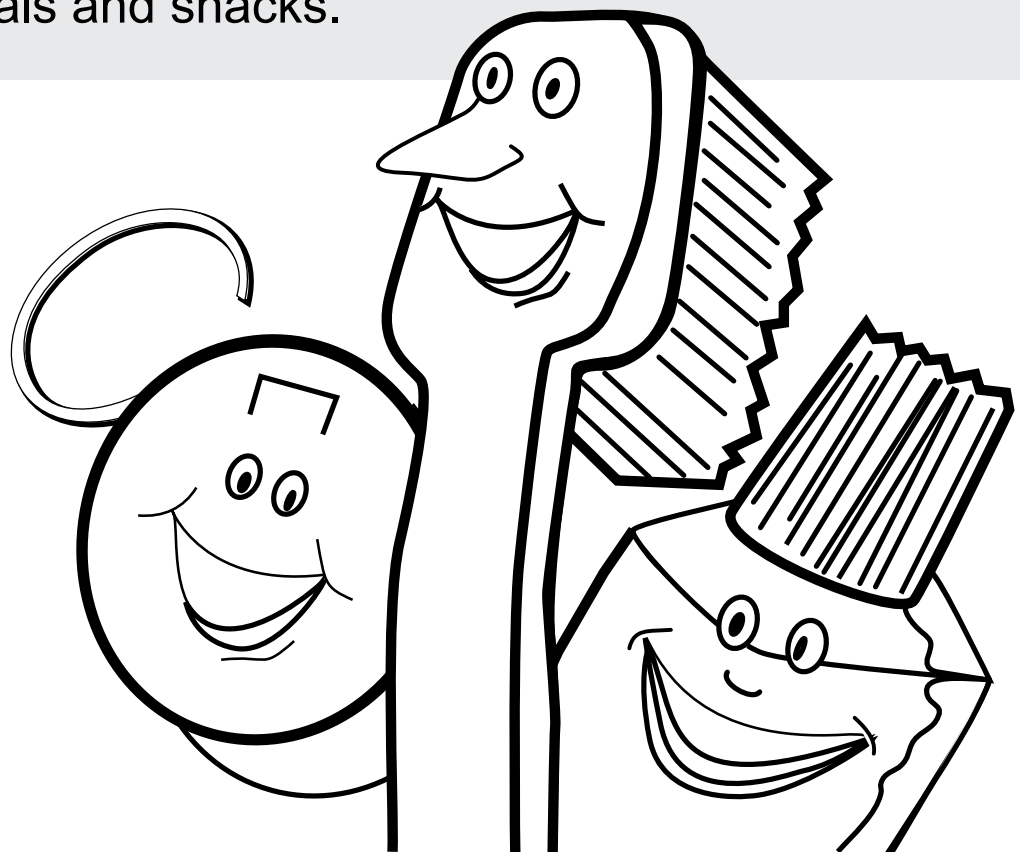
Use a toothbrush with soft bristles, so they don't irritate teeth and gums.

Wet the bristles, apply a small amount of toothpaste, and place bristles along the gum line. Using a back and forth circular motion, brush the outside of each tooth. Repeat along the inner gum line and tooth surfaces.

Using a gentle back and forth scrubbing motion, brush the biting surface of each tooth. Don't forget to gently brush the tongue, too.

Without swallowing toothpaste, rinse the mouth out with water or mouthwash.

Brushing should last two to three minutes and should take place after meals and snacks.





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Dental

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