Love Your Teeth by Visiting the Dentist

Children’s Activity Packet
Kindergarten - 5th Grade

SmileCalifornia.org
Love Your Teeth Activities

Love Your Teeth Brushing Calendar

It is important to brush twice a day and floss daily.
Draw a heart each time you brush and floss!

Name: ____________________________   Month: __________________

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Regular visits to the dentist keep your gums and teeth healthy. Medi-Cal covers dental check-ups for children and teens.
Brushing Coloring Sheet

1. Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.

2. Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.

3. Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.

4. Don’t forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.

Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

Children 3 years and above should use a pea-sized amount of toothpaste.

A child can start brushing their own teeth when an adult confirms they can do it properly.
Love your teeth by taking them to the dentist.

Members under the age of 21 can have a dental check-up and cleaning every 6 months, and sometimes more.
Love Your Teeth Activities

Happy Teeth
Word Unscramble

melsi _______________________

rtnised _______________________

htoto _______________________

slofs _______________________

yairootfht _______________________

rhubb _______________________

mugs _______________________

tiyyvac _______________________

hsteopaot _______________________

yxras _______________________

Word Unscramble Answers: smile, dentist, tooth, floss, toothpaste, cavity, xrays.
Love Your Teeth Activities

Happy Teeth Word Search

TOOTH
BRUSH
SEALANTS
FLOSS

DENTIST
SMILE
HEALTHY
MOLARS

HAPPY
CHECKUP
Help the Toothbrush Find the Teeth Maze
SmileCalifornia.org
(800) 322-6384