

Oral health made easy



LIBERTY DENTAL PLAN
Making members shine, one smile at a time™



Keeping my teeth healthy

coloring book



English

Keep my teeth healthy



LIBERTY DENTAL PLAN
Making members shine, one smile at a time™

LIBERTY DENTAL PLAN
KidCare

LIBERTY Dental Plan is proud to present this picture learning coloring book for children. This book will help give your child a head-start in maintaining a healthy mouth for life. You the parent/guardian can help teach your child to make practicing good oral health a daily habit and to see the dentist twice a year.

LIBERTY Dental Plan cares about more than just teeth! We care about our members' overall health and wellness. We have set-up an online library of oral health and wellness tips for you and your family. These tips can help you learn how to maintain a healthy mouth and smile for life.

Visit our website:

www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips.aspx

Oral health made easy

AdultCare

KidCare

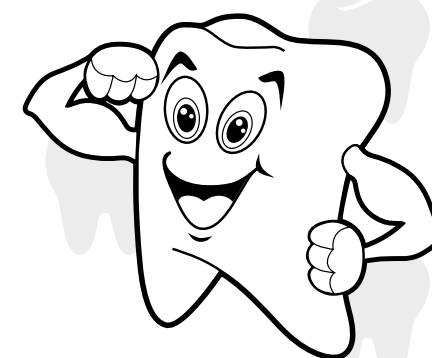
TeenCare

Contact us:

www.libertydentalplan.com/contact

This is my coloring book on

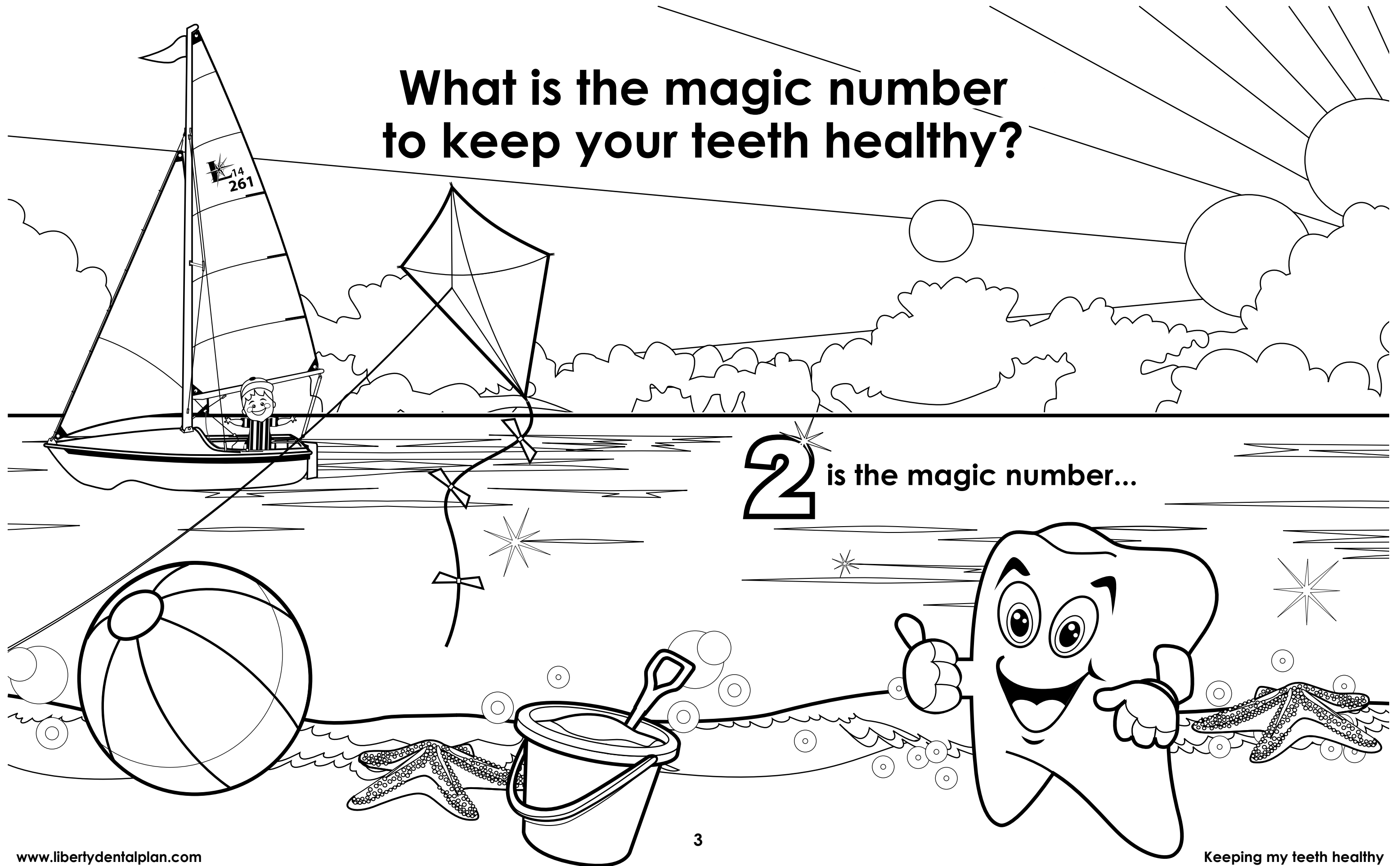
Keeping my teeth healthy



My name:

Date:

What is the magic number to keep your teeth healthy?

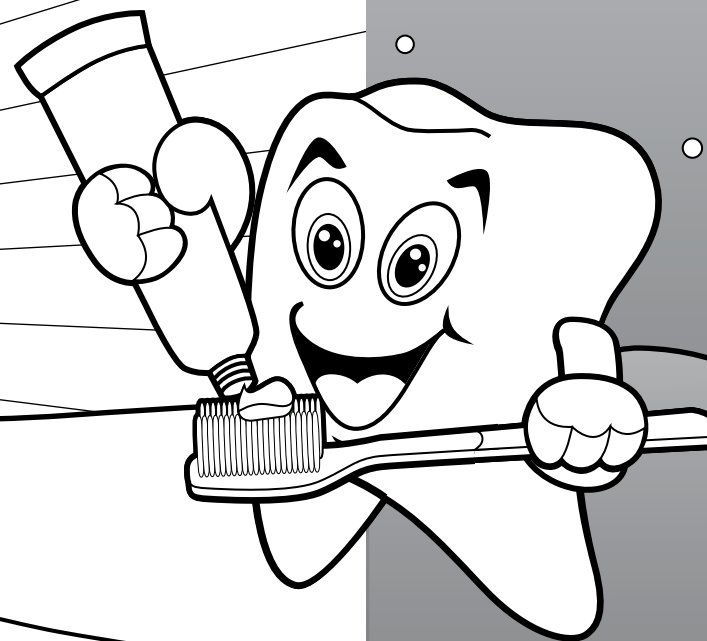


2 is the magic number...

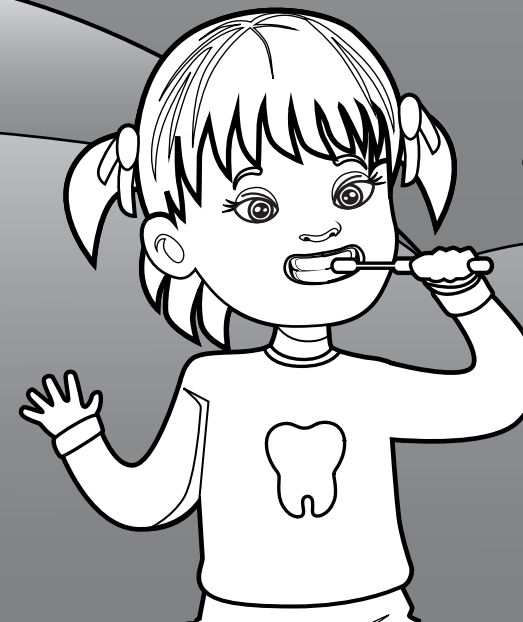
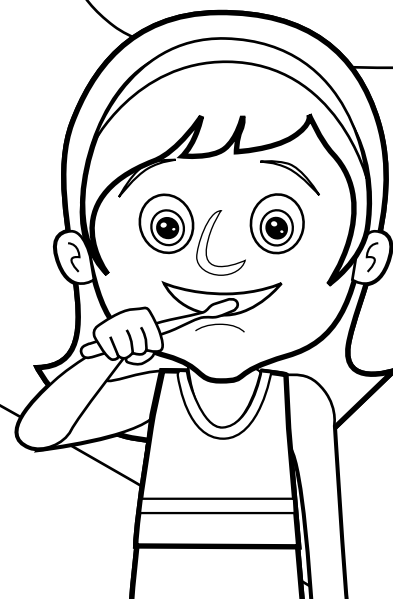
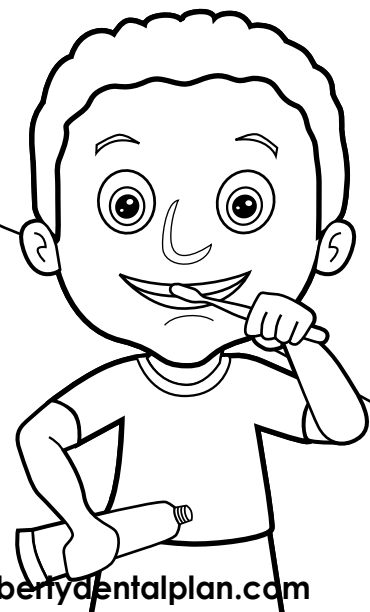
I can brush my teeth for 2 minutes



Before school...



and before bed.



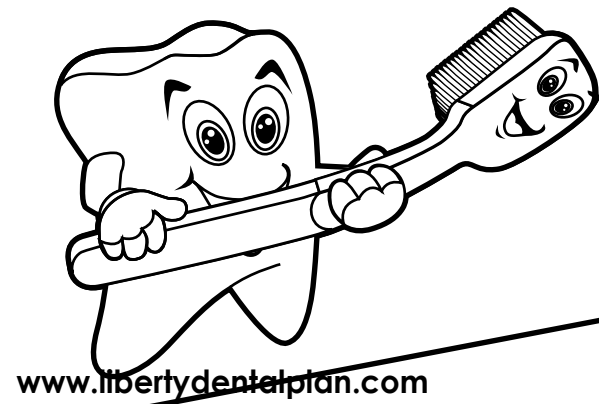
This is how I brush...

I brush my teeth back and forth,
round-and-round in gentle
circles ↻ for **2** minutes.

**Brush for
2 minutes,
2 times a day**

I can do it too!

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I visit my dentist 2 times a year



When I visit the dentist, I get to take a ride in the chair. This is where the dentist shines a bright light to look at my teeth, gums and all around my mouth to make sure it is healthy.

My dentist went to school to learn about teeth.

Glad to see you!

The dentist office is a friendly place!

What happens at my Dental Home?

You have **20** teeth
that live inside
your mouth.

When I go to the dentist they
check and count my teeth.
Sometimes they take x-ray
pictures and then they clean my
teeth to make them feel great!

What's this...
a cavity?

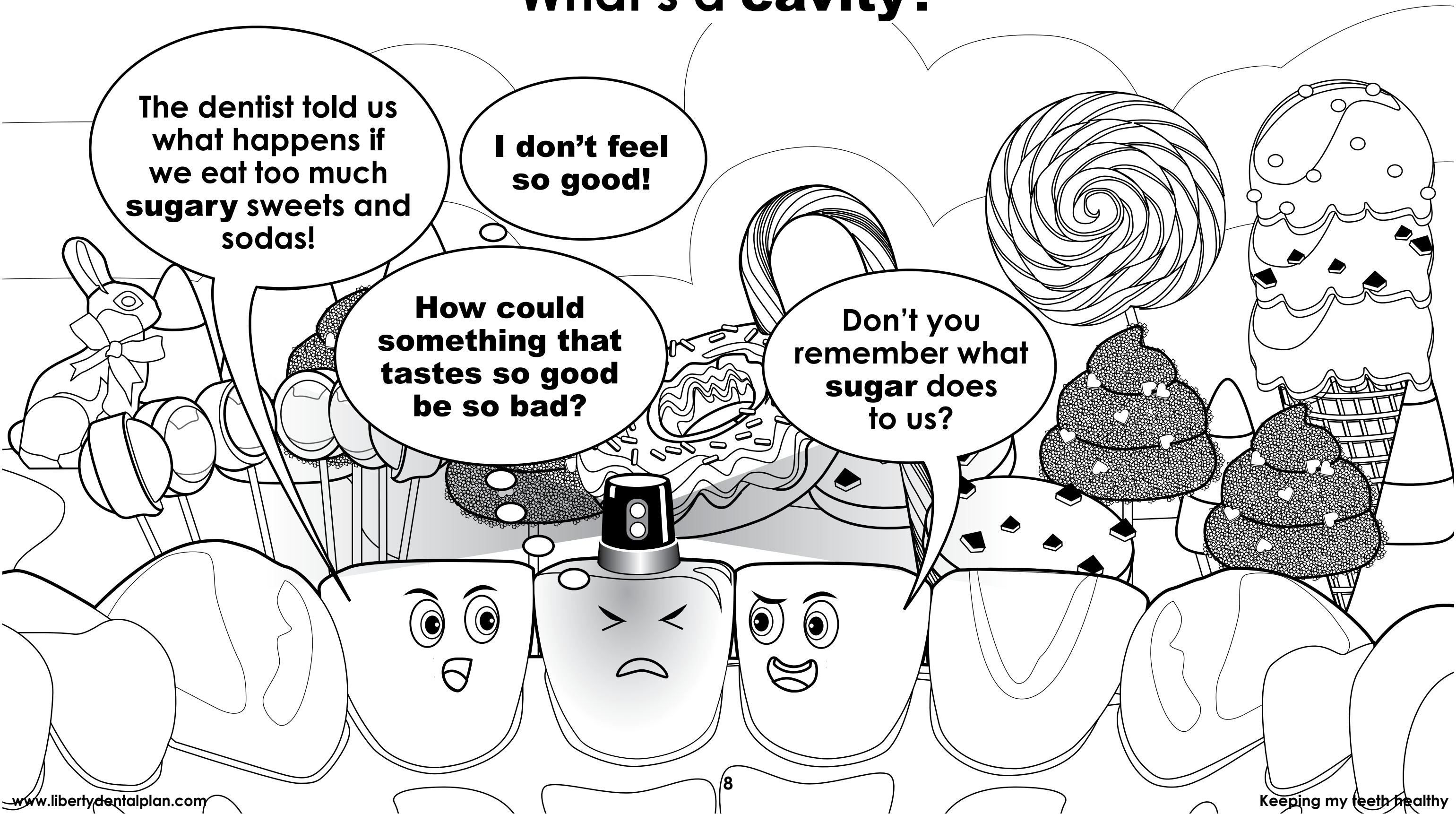
What's a cavity?

The dentist told us
what happens if
we eat too much
sugary sweets and
sodas!

I don't feel
so good!

How could
something that
tastes so good
be so bad?

Don't you
remember what
sugar does
to us?





I can fight bad bacteria

Why are you hurting me?

When you eat too much sugary snacks and sodas **bad bacteria** feed off the sugary particles left in your mouth in between all your teeth.

Teeth are important! We need teeth to eat, talk and smile. So, we must take care of them!

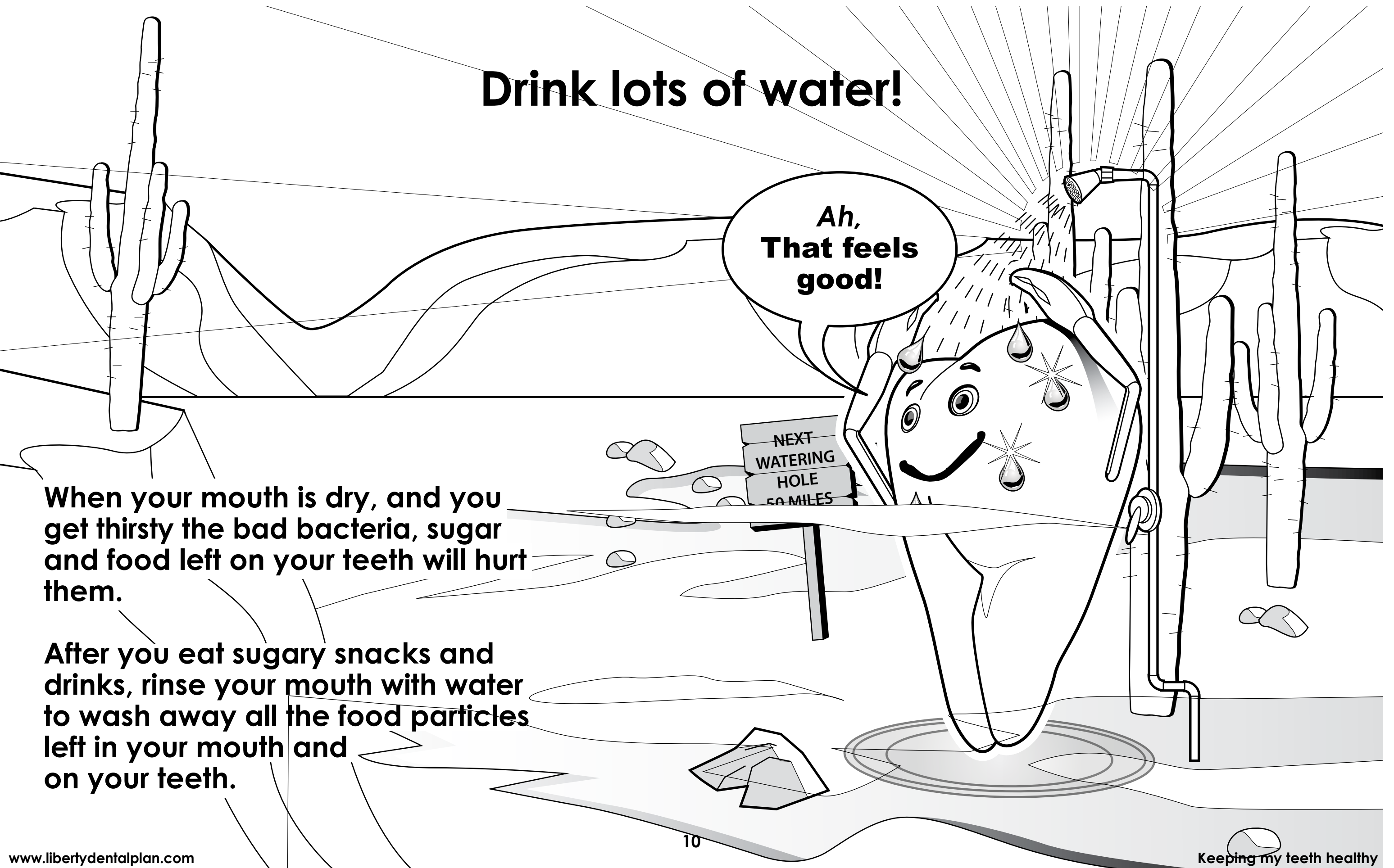
So, remember to...

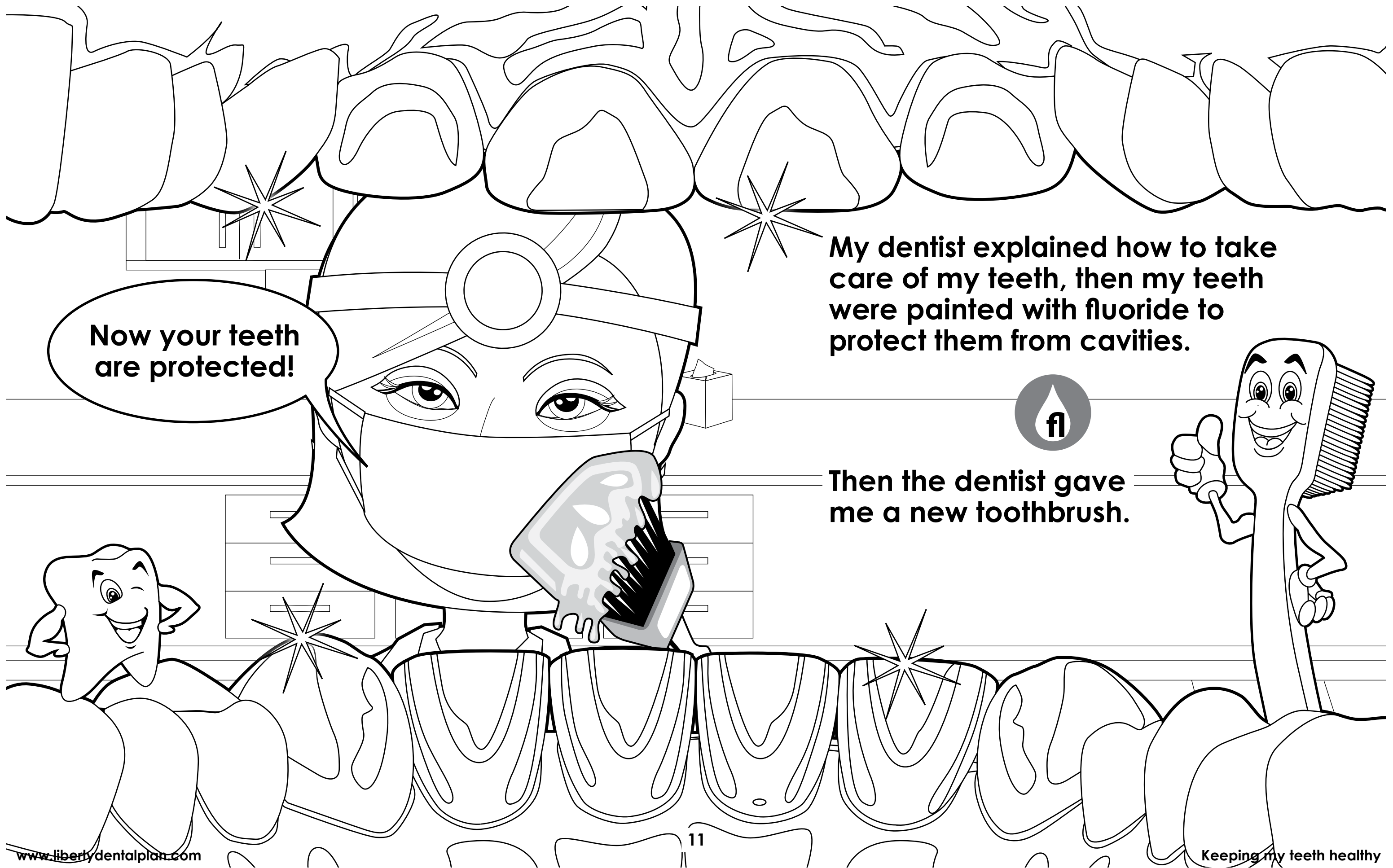
Drink lots of water!

**Ah,
That feels
good!**

When your mouth is dry, and you get thirsty the bad bacteria, sugar and food left on your teeth will hurt them.

After you eat sugary snacks and drinks, rinse your mouth with water to wash away all the food particles left in your mouth and on your teeth.



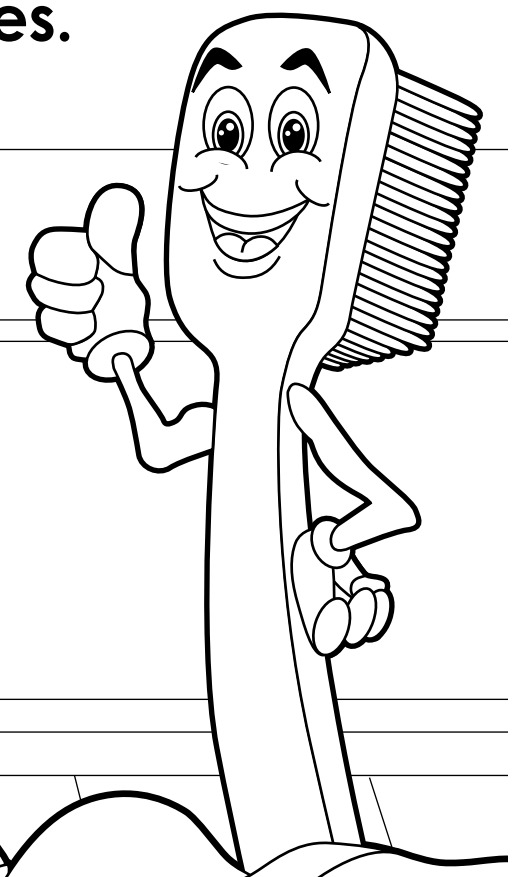


Now your teeth are protected!

My dentist explained how to take care of my teeth, then my teeth were painted with fluoride to protect them from cavities.



Then the dentist gave me a new toothbrush.



My second Dental Home is where I live

My home is where I take care of my teeth every day. I also do other things like...

Watch tv

Play outside

Chores

Read

Draw

Play games

Homework

Sleep

Rest

What else do you do at home?

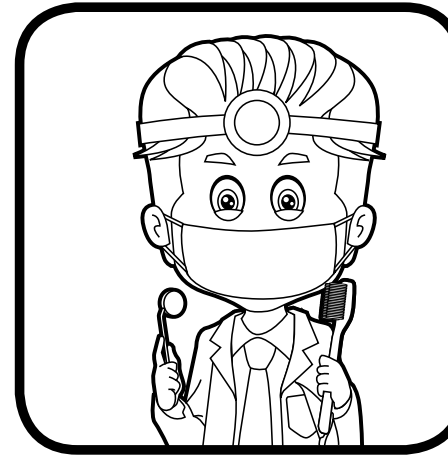
Eat

Do silly things

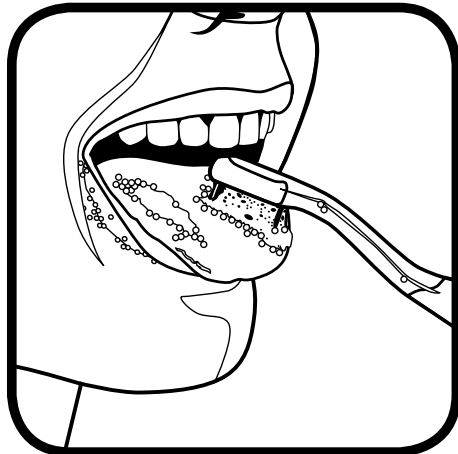
This is how I keep my teeth healthy



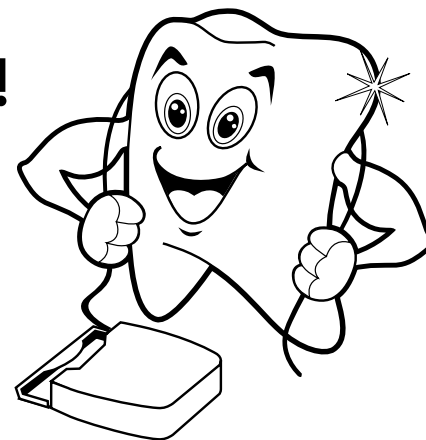
I gently brush my teeth **2X** each day for **2** minutes in small circles.



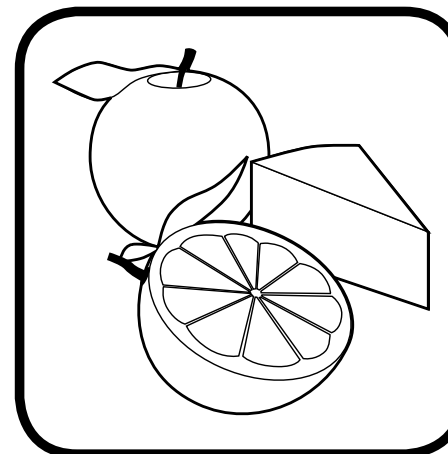
I visit my dentist **2X** each year to check my teeth and get them cleaned.



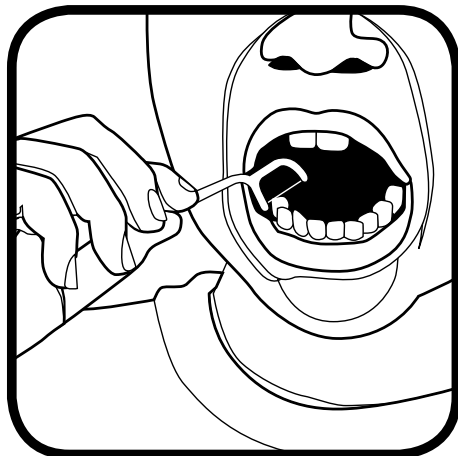
I brush my tongue too!



And I floss between each tooth **1X** daily.



I eat healthy snacks to protect my teeth.



I drink lots of water and rinse my mouth after eating food.

Oral health made easy



Kids will learn all about teeth and how to keep them healthy for life.



LI L PLAN
k'n e er h'ne ne 'le at a time™



Visit our website for more fun KidCare materials:
www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips.aspx