Celebrate National Childrens Dental Health Month!
Fluoride is a natural mineral found throughout the earth's crust and is an important ingredient in toothpaste! Some foods contain fluoride, including these below!

- Bananas
- Water
- Apples
- Tomatoes
- Bell Peppers
- Milk
- Carrots

The best toothpaste to use is one that has fluoride in it, because it helps keep your teeth healthy and prevents cavities. Have an adult help you find the right toothpaste for you!

Find more activity sheets at [www.mykoolsmiles.com/forkids](http://www.mykoolsmiles.com/forkids)
Eating healthy is easy, even when you’re at school. Have an adult help you prepare these yummy lunch box meals! Snap a pic, and post it to Kool Smiles’ Facebook page. We can’t wait to see!

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How To Get An A+ Check-Up At The Dentist

- Eat a snack
- Get a good night’s sleep
- Bring music while the dentist cleans your teeth
- The dentist is excited to see you at your next check-up! Ace your next exam with these kool tips!
Did you know?

Don’t be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth. They’ll thank you for it!
Good oral health is for everyone! Remember to visit your dentist at least twice a year, to keep your smile strong.
Hey

Heyya!

What happened to your teeth?!

I brushed them with __________, and they started __________ out!

Yeaah...maybe you should just use toothpaste and floss after every meal...

Why? Don't you think my new look is __________?

Oh, well...of course. But...

But what?!

How are you going to chew your __________?
Did you know? You should always brush your teeth when you wake up, before you go to bed, and after snacks and meals.