

# DENTIST DAY



Hooray, hooray! It's dentist day! I put on  
my shoes and zip up my coat.  
My mom sings a song as we drive along:

*Every day we all must brush,  
Even when we're in a rush. 🎵  
Eating healthy all year long,  
Helps keep our teeth super strong.*



*Count them,  
Clean them,  
Make them shine; 🎵*

*The dentist is a friend of mine!*

At the dentist's office, I sit on Mom's or Dad's  
lap. Then Dr. Lisa comes in.

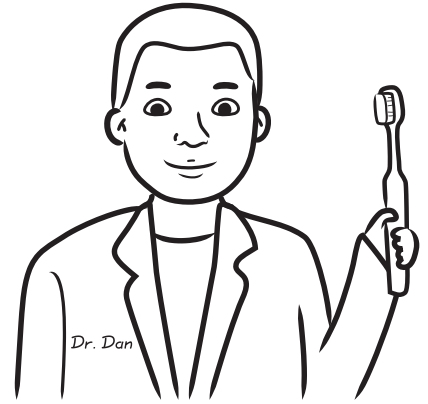
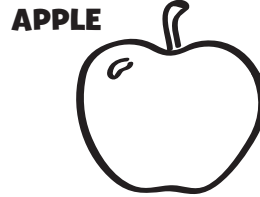
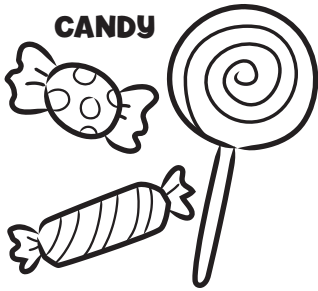
She checked my gums when I was just a  
baby. Now she counts my teeth.

The chair goes up and she shines a light  
into my mouth to help her see if my teeth  
are healthy.

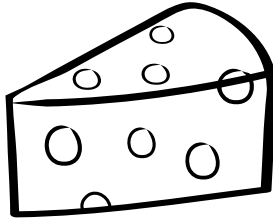
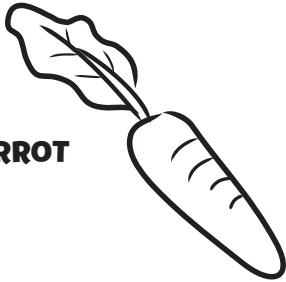
She cleans my teeth with a tool that spins and  
buzzes. *Oops!* She gets my chin wet. Now  
my smile is all sparkly. Thank you, Dr. Lisa.  
I promise to brush two times a day for two  
minutes. See you next time!

# WHAT IS GOOD FOR MY TEETH?

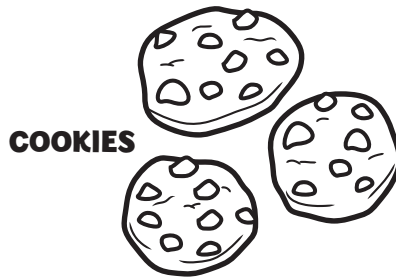
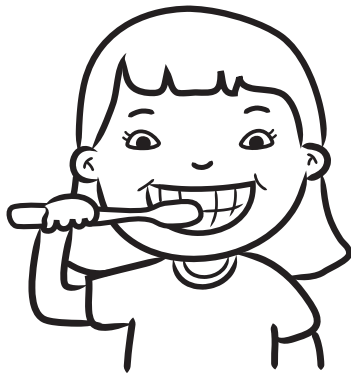
Color or circle the pictures of things that help keep your smile healthy.



DENTIST



SOFT DRINK



FLUORIDE TOOTHPASTE



## WHAT MAKES ME SMILE?

Draw a picture of something that makes you smile.

