

Oral health made easy



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



Keeping my teeth healthy coloring book



English



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 Making members shine, one smile at a time™



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

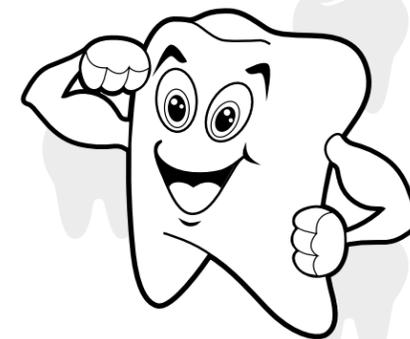
TeenCare

Contact us:

www.libertydentalplan.com/contact

This is my coloring book on

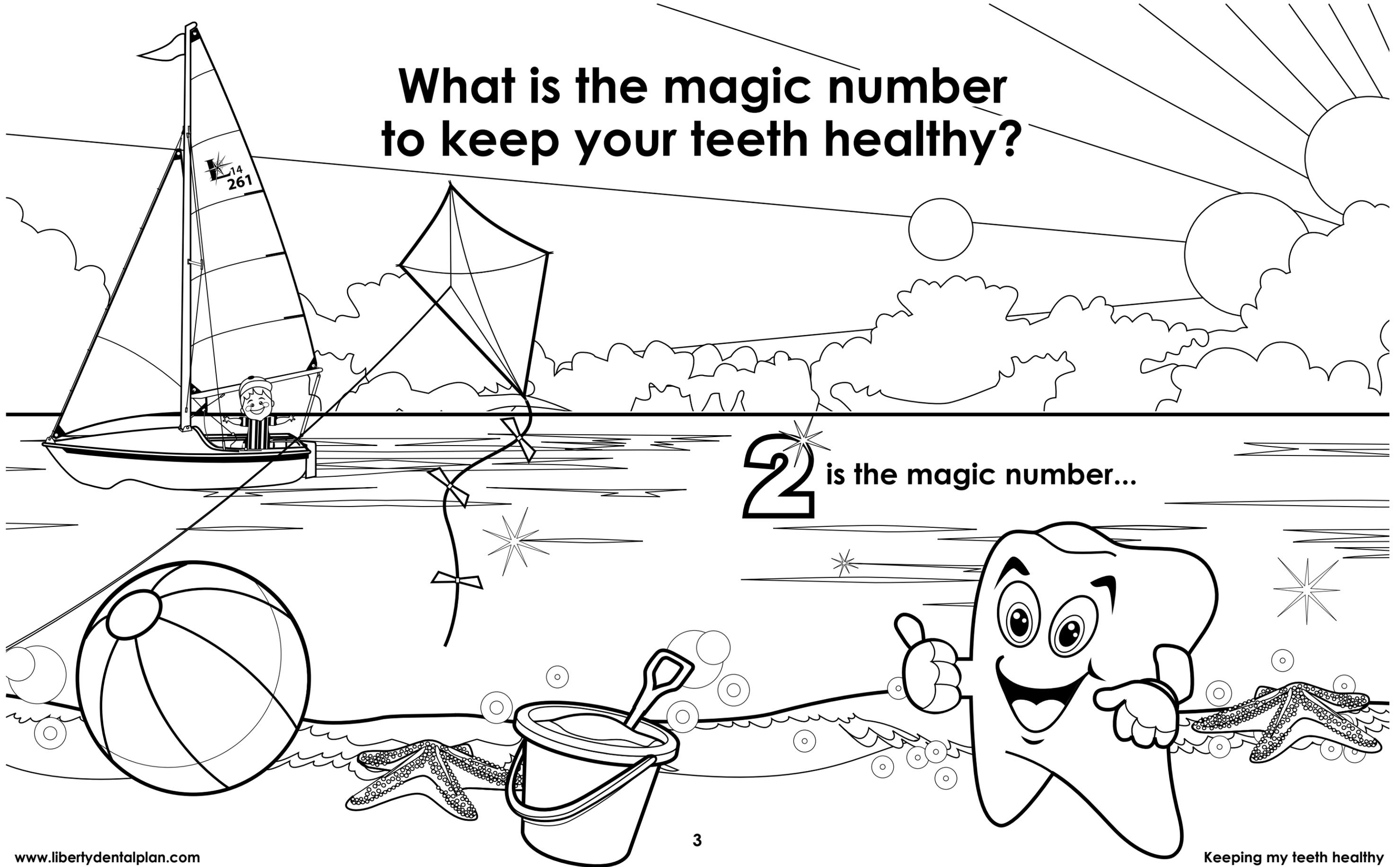
Keeping my teeth healthy



My name:

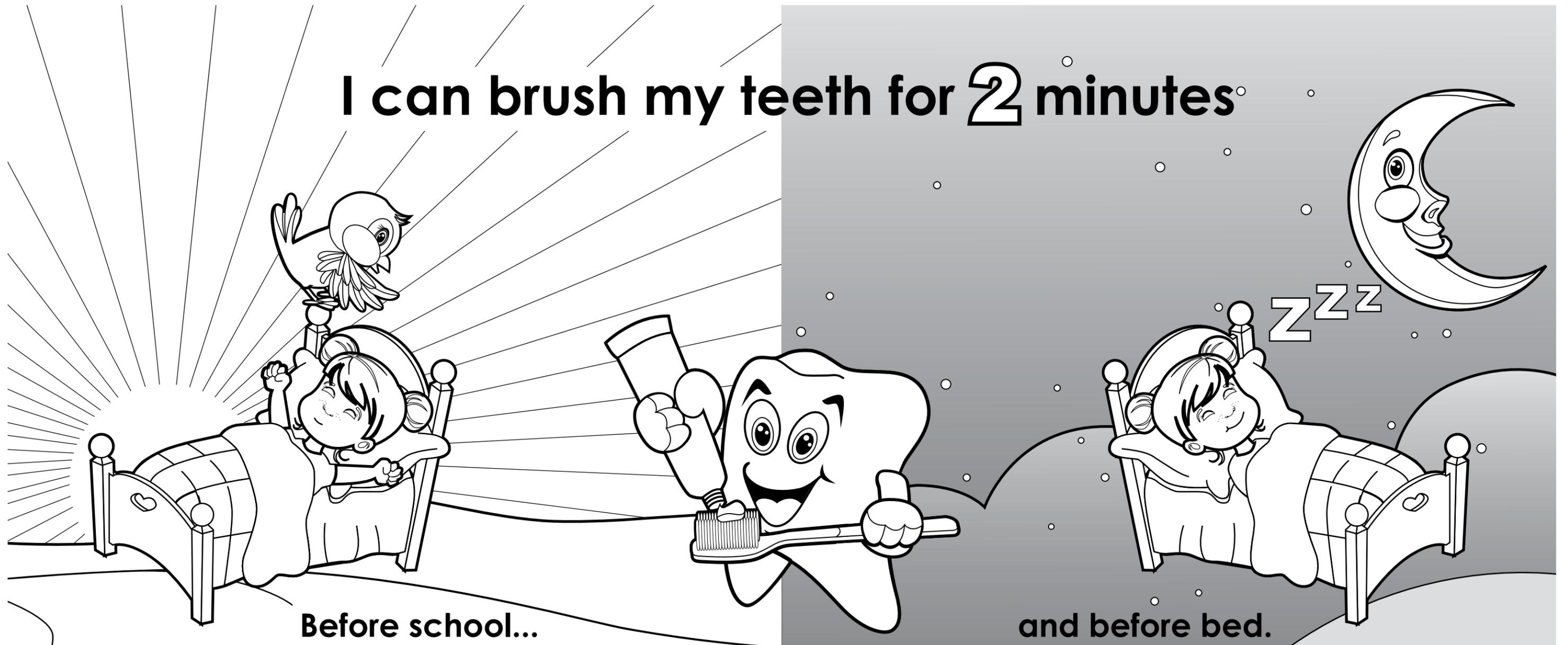
Date:

What is the magic number to keep your teeth healthy?



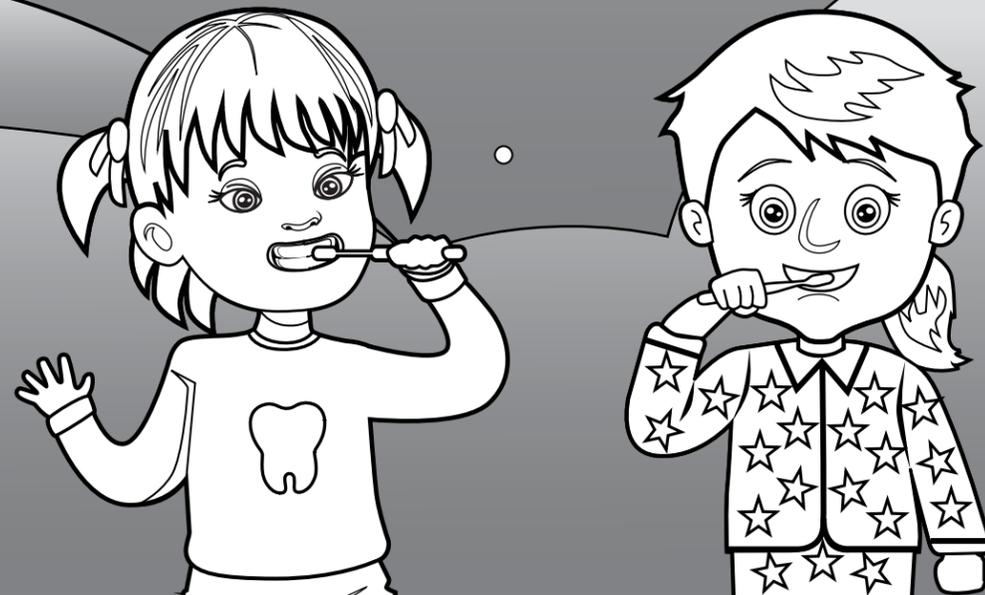
2 is the magic number...

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!

LIBERTY
DENTAL PLAN
KidCare

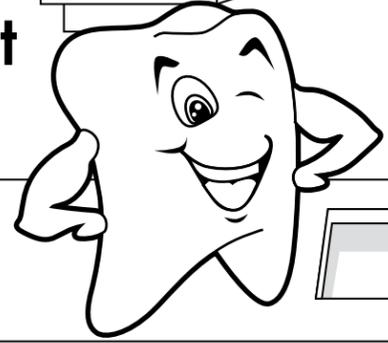
I visit my dentist 2 times a year

Glad to see you!



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.



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?

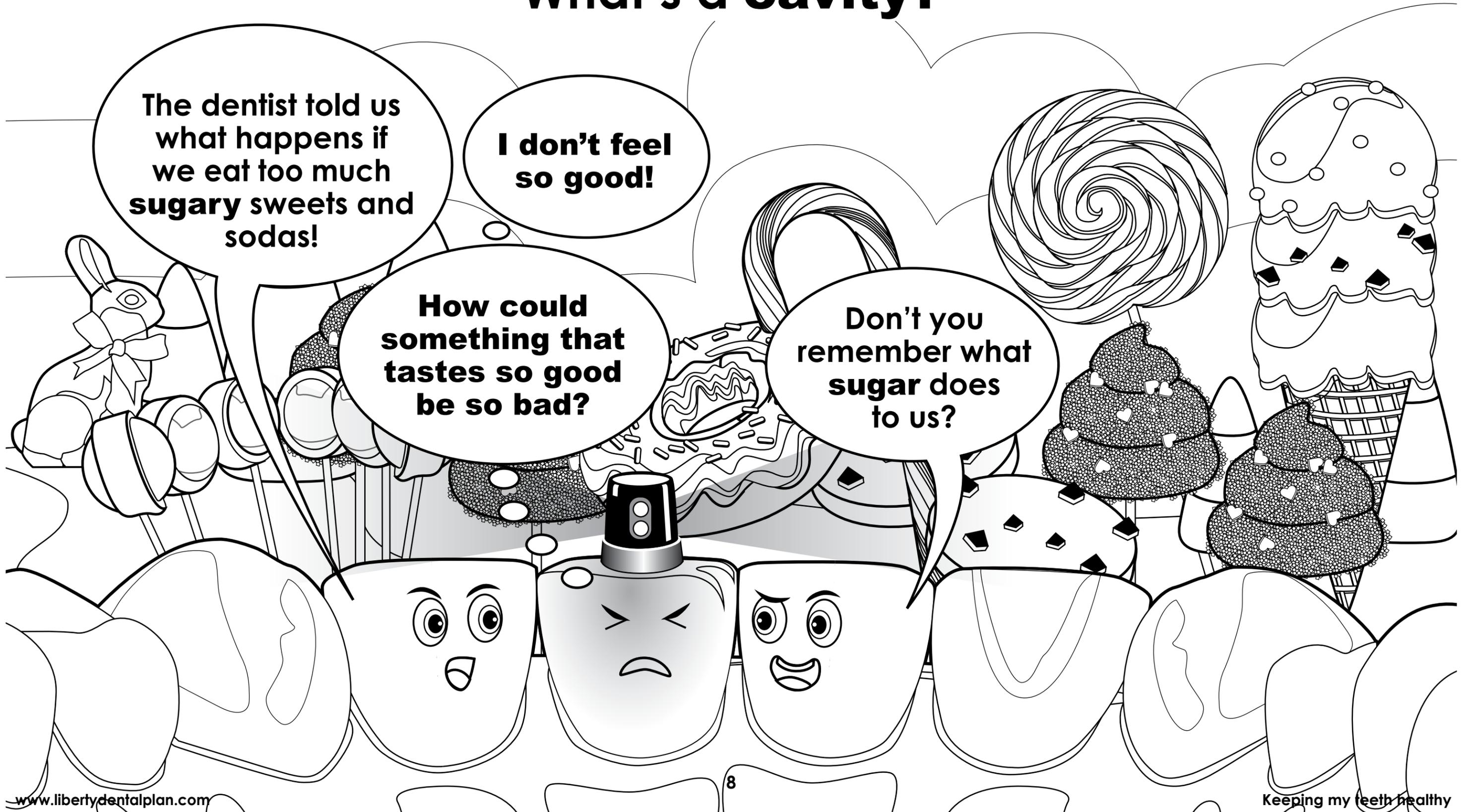
What's a cavity?

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...

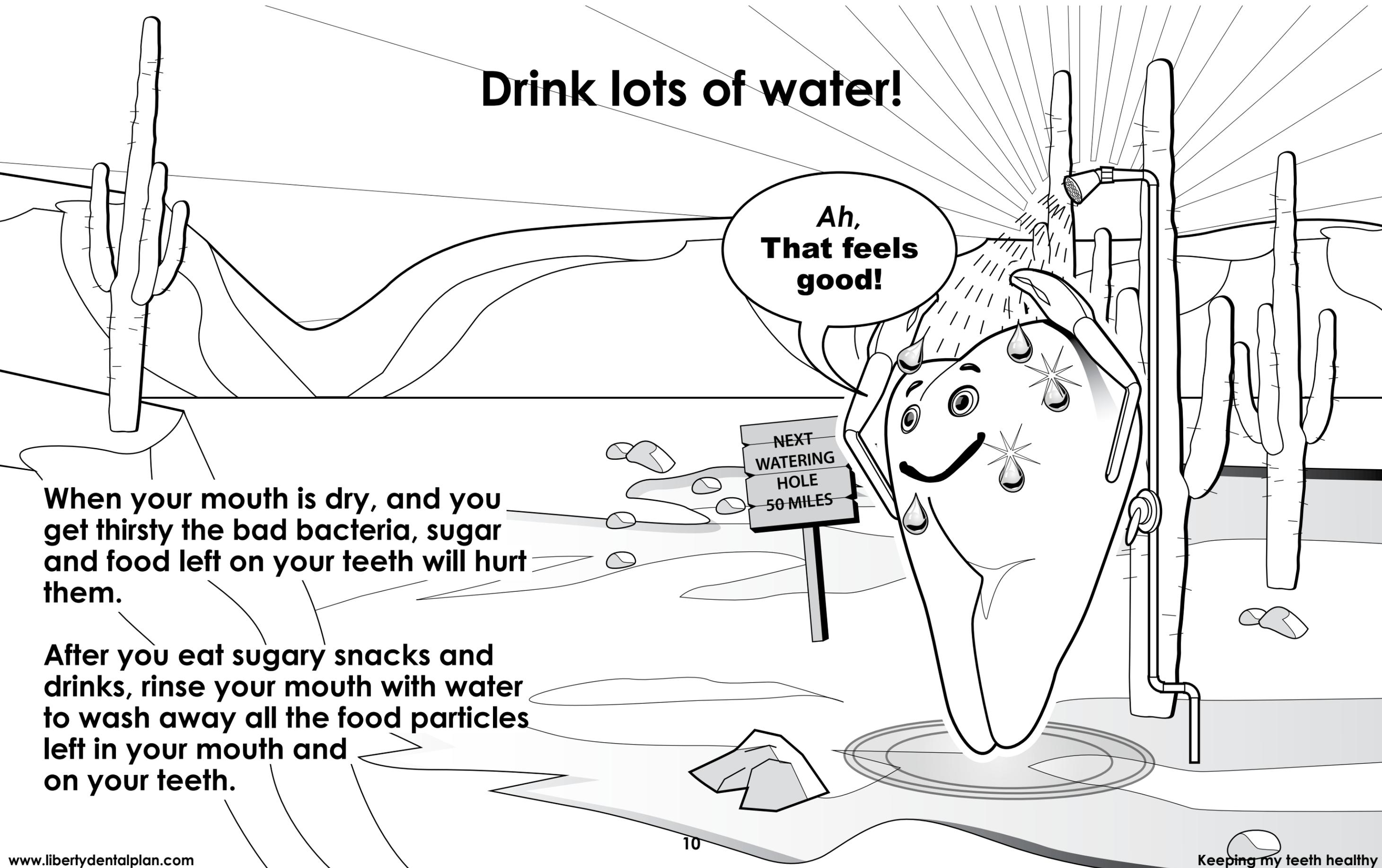
Drink lots of water!

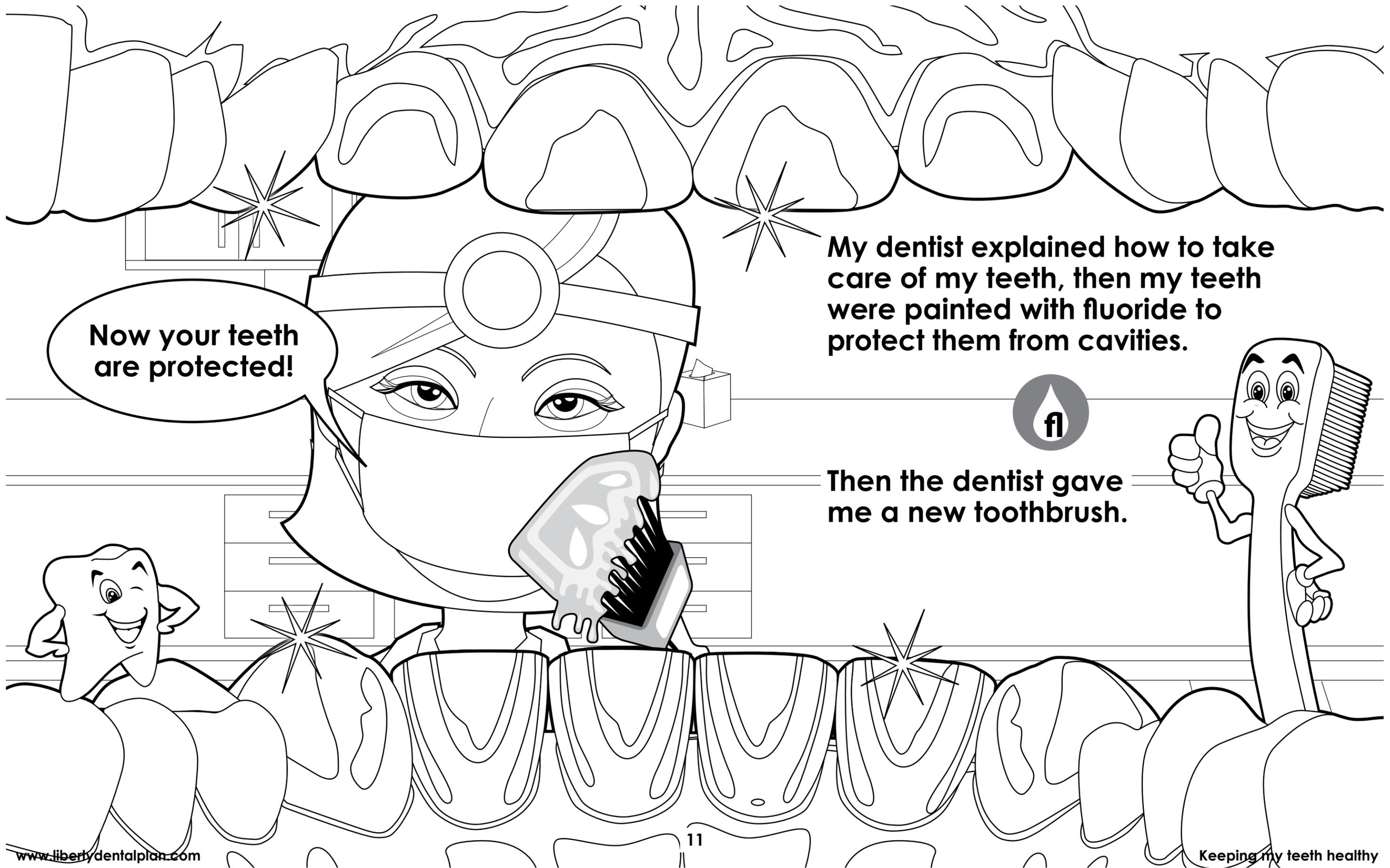
Ah,
That feels
good!

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.

NEXT
WATERING
HOLE
50 MILES



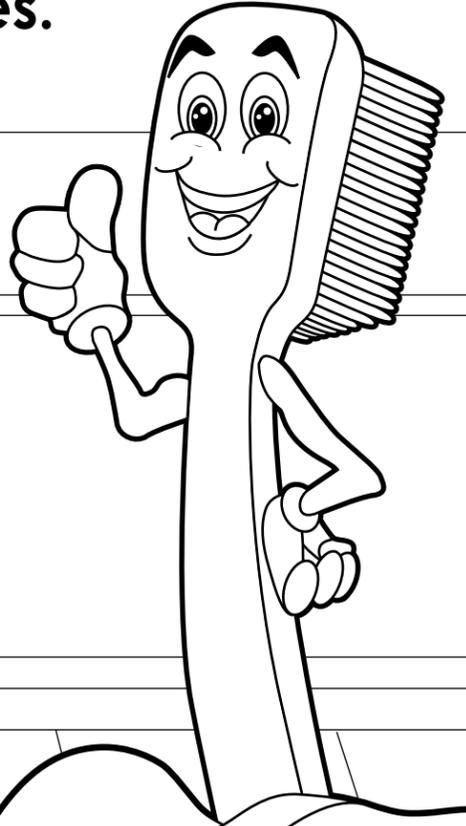


Now your teeth are protected!

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

Read

Play games

Homework

What else do you do at home?

Eat

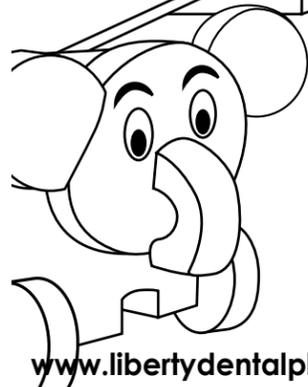
Chores

Draw

Sleep

Do silly things

Rest



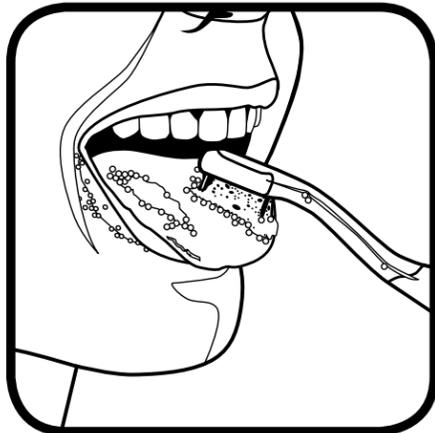
This is how I keep my teeth healthy



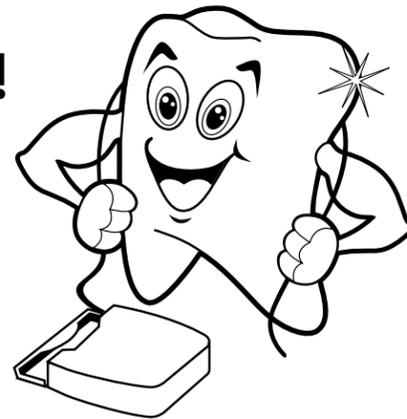
I gently brush my teeth **2X** each day for **2** minutes in small circles.



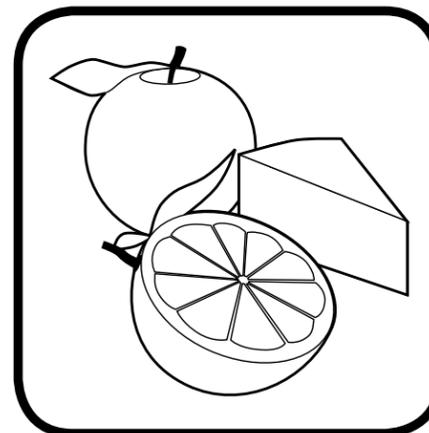
I visit my dentist **2X** each year to check my teeth and get them cleaned.



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.



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



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