Oral health made easy





Keeping my teeth healthy



This is my picture learning book on

Keeping my teeth healthy

My name:



Date:





LIBERTY Dental Plan is proud to present this picture learning 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 is committed to being the industry leader in providing quality, innovative and affordable dental benefits with the utmost focus on member satisfaction. Our goal as a leader is to continually revolutionize the dental managed care industry to make dental care accessible to all. LIBERTY is heavily involved in State and local community outreach programs and partners with other health care providers and programs to promote oral health and to provide much needed access to dental care to underserved kids.

LIBERTY cares about more than just teeth! We care about our members' overall health and wellness. We have prepared an online library of oral health and wellness tips for you and your family to maintain a healthy mouth and smile for life. © 2019 LIBERTY Dental Plan RN 04 2019

Visit our website:

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

Oral health made easy







I can brush my teeth for 2 minutes





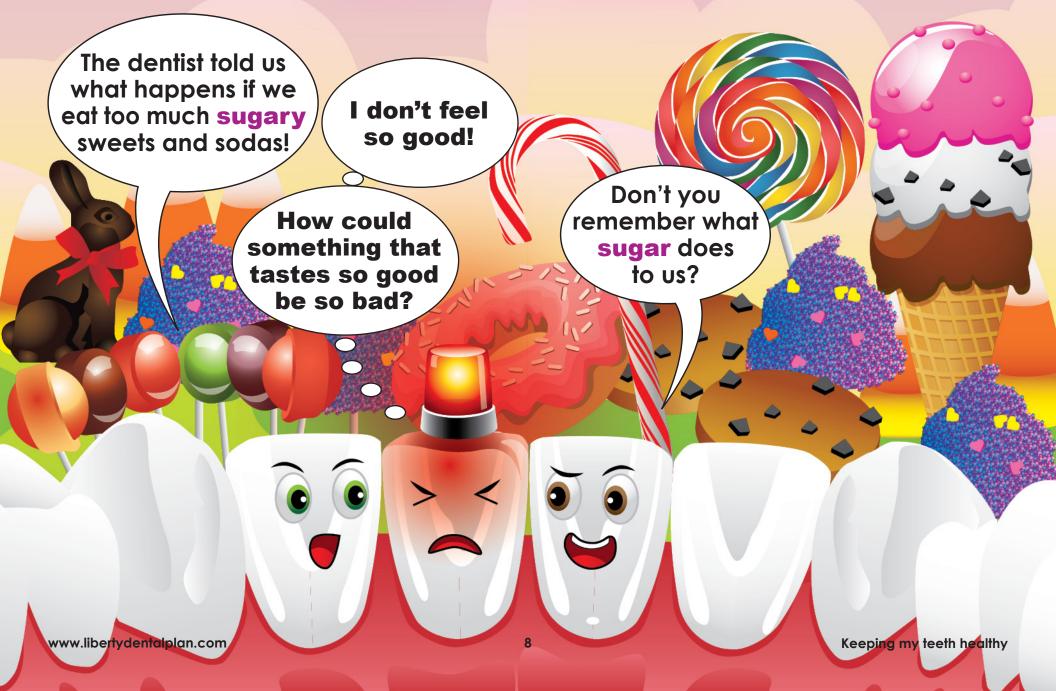




What happens at my Dental Home?



What's a cavity?



I can fight bad bacteria

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!

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.

Ah,
That feels
good!

NEXT
WATERING
HOLE
50 MILES





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!



I eat healthy snacks to protect my teeth.



And I floss between each tooth 1X daily.



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



Kids, we hope you have learned all about your teeth and how you can keep them healthy for life.



Learn more on how to keep your teeth healthy with our free **AdultCare** and **KidCare** educational Oral Health & Wellness tips brochures at: www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips.aspx