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# ||| PARENTS GUIDE

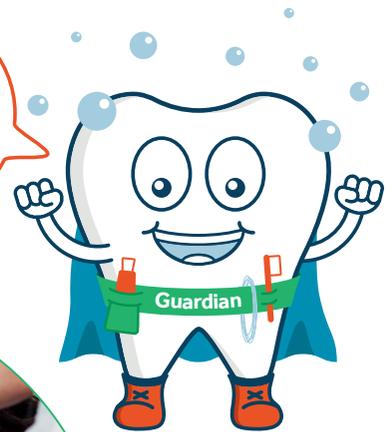
# BIG BRIGHT & HEALTHY

Lessons that teach children about the benefits of good oral health.

**Ages 5-8**



Let's see your biggest smile!



Name \_\_\_\_\_

# Mikey's Secret to a Great Smile

**Directions** Listen to Mikey's story and learn how taking care of our health can make us happy. Then fill in the blanks in the picture with words from the word bank.

Mikey and his family were at an amusement park. He loved to go on the rides. The carousel was his favorite! After the rides, Mikey ate caramel popcorn. When he was leaving the park, Mikey felt something stuck in his teeth. It was a piece of popcorn!

At home, Mikey's parents helped him floss between his teeth. The floss helped him get rid of the piece of popcorn that was bothering him. His parents told him that it's not just popcorn that gets stuck in teeth. There are tiny bacteria in our mouths that can eat holes in our teeth! That's why you need to brush and floss your teeth every day. And visit the dentist for a checkup too. Taking care of his teeth helps Mikey stay healthy and happy.

## Word Bank

Toothbrush

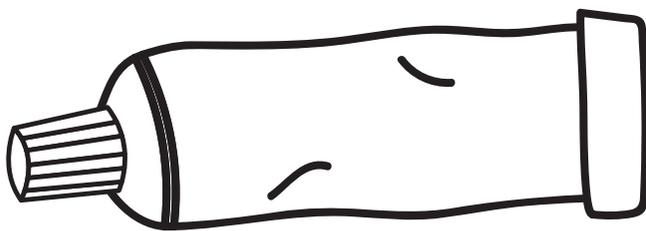
Toothpaste

Floss

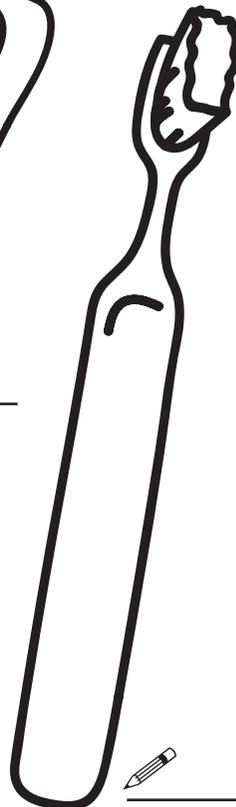
Checkup



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\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Dentist  
visit:

6 months

Name \_\_\_\_\_

# Michaela Feels Great

## One day, Michaela couldn't focus in class.

Something was stuck in her teeth. It was distracting her. She tried to grab it with her fingers, but it wouldn't budge. Would the food be stuck in her teeth forever?



When she got home, Michaela's parents helped her floss. The food popped right out! Her parents reminded her that flossing is not just for when food is stuck in your teeth.

"I know all about it," Michaela replied.

She told them about the tiny bacteria that can eat holes in your teeth. She also reminded them that she never forgot to brush her teeth twice a day and floss once a day. Her parents gave her a high five.

"You're going to have a great checkup at the dentist's," they said.

Michaela went to bed that night happy that she takes great care of her teeth. She was happy in school the next day too. She was able to focus on the lesson and answer questions with a smile.

## Think It Through

1. What made Michaela distracted in school?

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2. What can you do to keep your teeth healthy?

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