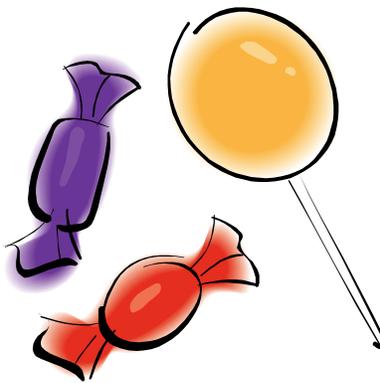


Dental Bingo Calling Cards

Healthy Smile Happy Child Project



<p>Eat healthy foods from the 4 food groups for healthy teeth and bodies!</p>	<p>Even babies without teeth need their mouths cleaned! Use a clean, damp cloth.</p>	<p>Brush your teeth:</p> <ul style="list-style-type: none"> • Before school • After meals and snacks • Before bed
<p>Brush your teeth for 2 minutes 2 times a day!</p>	<p>Candy is made with sugar and can stick to teeth! Limit the amount of candy you eat and make sure you brush your teeth after!</p>	<p>Fluoride toothpaste amounts:</p> <ul style="list-style-type: none"> • Children from birth to 3 years of age: ask your dental professional if your child is at risk for tooth decay* <ul style="list-style-type: none"> • If child is at risk, use a small amount (the size of a grain of rice) of fluoride toothpaste • For children from 3-6 years of age: use a green pea sized amount of toothpaste
<p>Everyone in your house should have their own tooth-brush! Sharing will pass germs!</p>	<p>This is what Early Childhood Tooth Decay (cavities) can look like! Take good care of your teeth!</p>	<p>Pop has lots of sugar and that can cause cavities! Water and milk are better drink choices!</p>

Dental Bingo Calling Cards

Healthy Smile Happy Child Project

 A cartoon illustration of a boy with brown hair, wearing a blue cap, a yellow shirt, and purple shorts. He is holding a large red apple up to his open mouth, as if about to take a bite.	 A cartoon illustration of a dentist with short black hair, wearing a white lab coat and a green surgical mask. The dentist is standing and looking at a patient who is lying in a dental chair. The patient is a young boy with dark skin, wearing an orange shirt and blue pants. There are dental equipment icons like a tray and a chair in the background.	 A cartoon illustration of a young boy with orange hair, wearing a green striped t-shirt, blue shorts, and green shoes. He is smiling broadly and waving his right hand.
 A cartoon illustration of a purple milk carton with a white label that says "Milk" in black letters.		 A cartoon illustration of a person with dark hair, wearing a black headscarf, lying in bed and sleeping. They are covered with a yellow blanket. The background is a dark blue night sky with a white crescent moon and several white stars.

<p>When your 20 baby teeth fall out, you will get 32 new adult teeth that you should have for the rest of your life.</p>	<p>Everyone in your house should see a dentist at least once a year!</p>	<p>You need strong, healthy teeth to chew your food.</p>
<p>Before bed is one of the most important times to brush your teeth!</p>		<p>Milk and milk products have calcium that makes teeth hard and strong.</p>