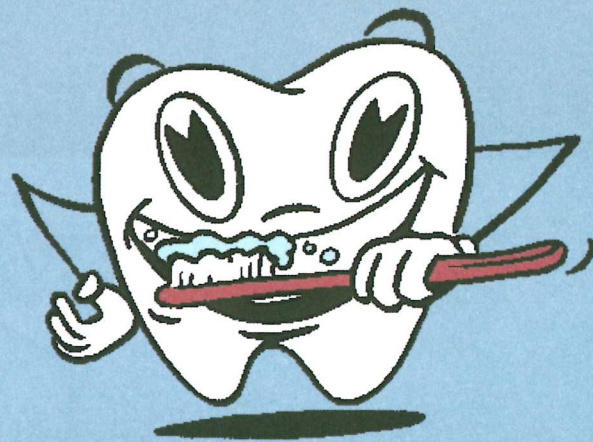


Adventures in Smiling

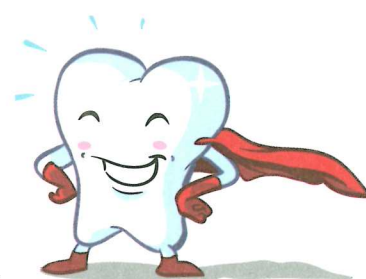


A Healthy Body Starts with a Healthy Mouth

You are what you eat and so are your teeth!

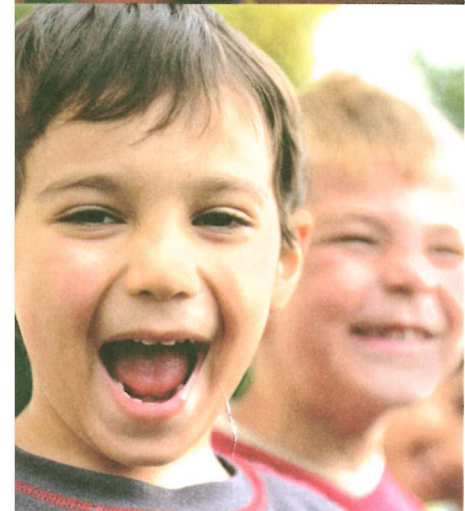
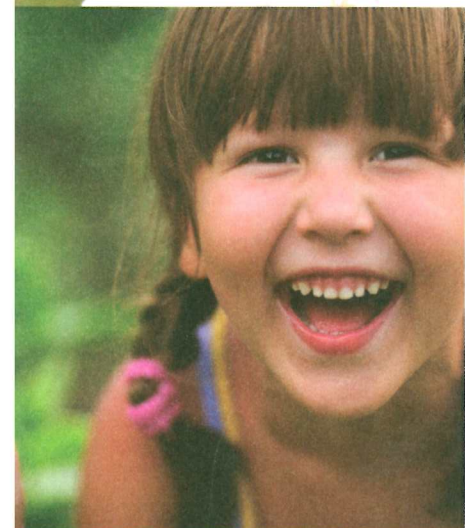
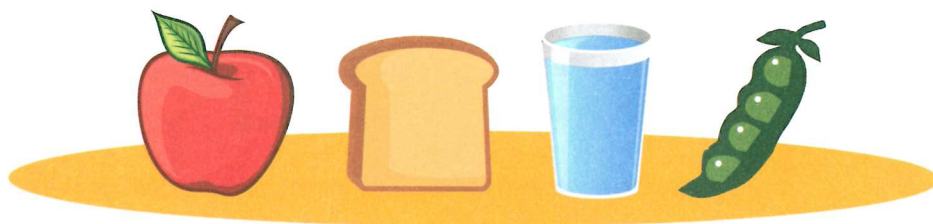
A healthy diet is good for your body and good for strong, healthy teeth. So eat lots of these kinds of foods ...

- Fruits and vegetables. Make them HALF of what you eat every day.
- Grains. Whole grains are best, like oatmeal, whole wheat bread and brown rice.
- Dairy. Go with low-fat or fat-free dairy. Try soy products as well.
- Lean proteins. Choose lean beef, chicken without skin or fish. Eggs, beans, peas, nuts and seeds are all good protein choices, too.



Other ways to keep your mouth healthy ...

- Drink plenty of water.
- Limit juices, sports drinks and pop.
- Use a straw because it limits the amount of time the beverage touches your teeth.
- Eat healthy snacks—not too many sweets.
- Brush twice a day, floss once a day and use a fluoride rinse.



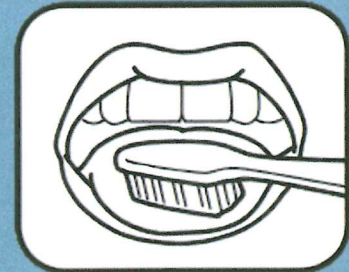
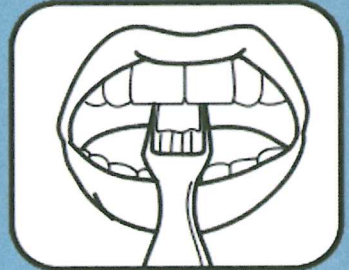
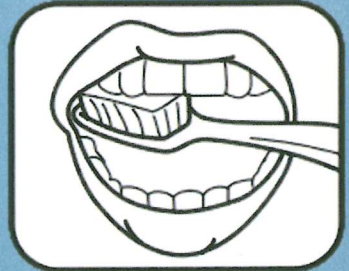
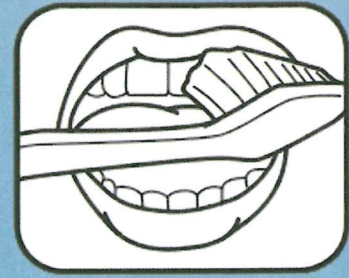
Brushing Qs & As

Q: How do I brush my teeth correctly?

A: Use a mirror so you can see what you're doing and follow these steps:

1. Place your toothbrush at an angle to your gums.
2. Move your brush back and forth gently in short strokes.
3. Brush the outside part, the inside part and all the chewing parts.
4. Clean the inside of your front teeth using the end of your brush.
5. Brush your tongue to keep your breath fresh.

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Q: How long should I brush?

A: At least two minutes. Find a favorite song and sing it while you brush. Visit www.2min2x.org for some fun two-minute brushing music and video downloads.

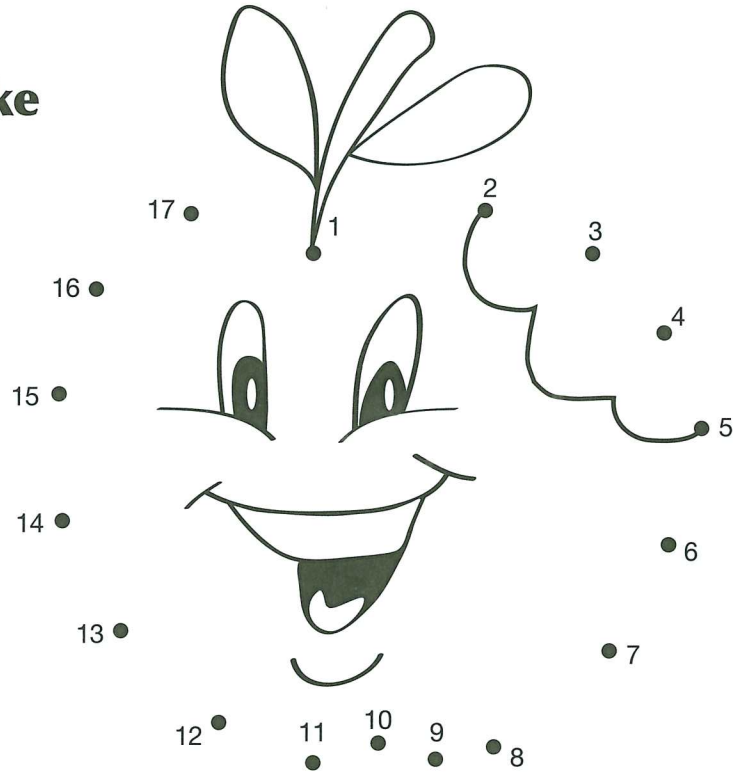


Q: How do I choose a brush?

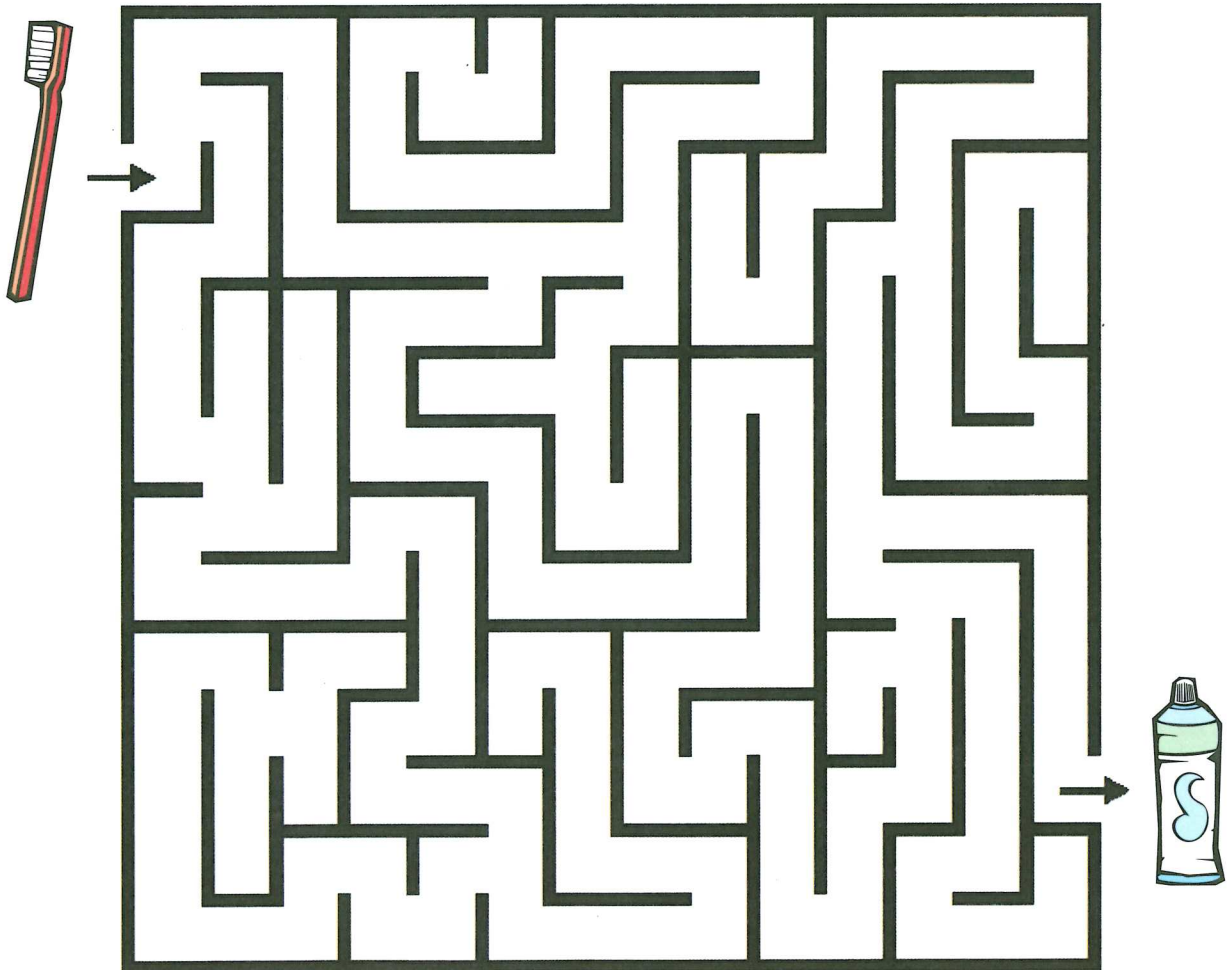
A: Pick one that's small, soft and fits your mouth. And choose toothpaste that tastes good to you. A toothpaste with flouride is best.



**Connect the dots to make
a good-for-you snack**



**Help the toothbrush
find the toothpaste**



Parents' Corner

Good oral health starts early

In fact, it starts before your child even has any teeth!

- Start cleaning your baby's gums regularly by wiping them with a clean, moist gauze pad starting just a few days after birth.
- As soon as your child's first teeth appear—around six months of age—brush them gently with a child-size toothbrush and water.
- When kids are older than two and can spit, start using a pea-sized amount of fluoride toothpaste when brushing.
- As soon as they get teeth that touch each other, start using dental floss.



First dental visit

Schedule a dental visit as soon as your child's first tooth appears—no later than their first birthday. It will help get them comfortable with visiting the dentist.

The dentist will examine your child's mouth to see how it's growing and look for injuries or cavities. Be sure to tell them about pacifier use, your dental care routine and any other concerns. And schedule that next appointment before you leave!

- Consider a morning appointment when your child is rested and cooperative.
- Talk with them about visiting the dentist.
- Try to be relaxed, even if you're concerned or anxious for your child.

If you show an interest in taking good care of your teeth, your child will, too.

Need a dental home for your family?

It's easy to find a dentist you can trust through the Michigan Dental Association's Find A Dentist link at smilemichigan.com. Our member dentists are committed to your family's good oral health and with 5,500 across the state, there's sure to be one near you.

A healthy body starts with a healthy mouth.



smilemichigan.com