

Oral health made easy



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



Keeping my teeth healthy



English

This is my picture learning book on

Keeping my teeth healthy

My name:



Date:



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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.

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Visit our website:

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

Oral health made easy

Adult Care KidCare TeenCare

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!



I visit my dentist **2** times a year

Glad to see you!

My dentist went to school to learn about teeth.



The dentist office is a friendly place!



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.

What happens at my **Dental Home**?

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!

You have **20** teeth that live inside your mouth.

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

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...



Why are you hurting me?

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



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

Read

Play games

Homework

Eat

Play outside

Chores

Draw

Sleep


What else do you do at home?

Rest

Do silly things

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.



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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