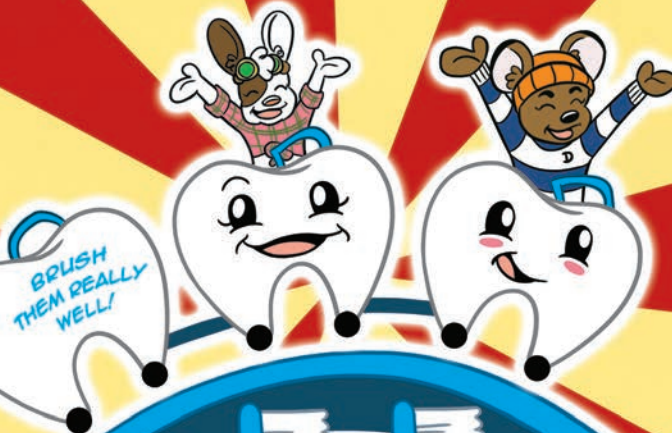
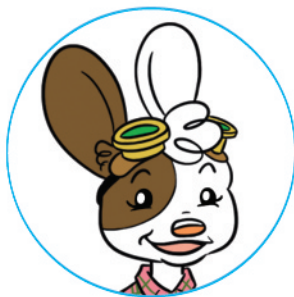


DARBY & KIT RIDE



THE Molar Coaster

**PROACTIVE
PARENTS/GUARDIANS
GUIDE**





Help your kids brush up on the basics of tooth care.



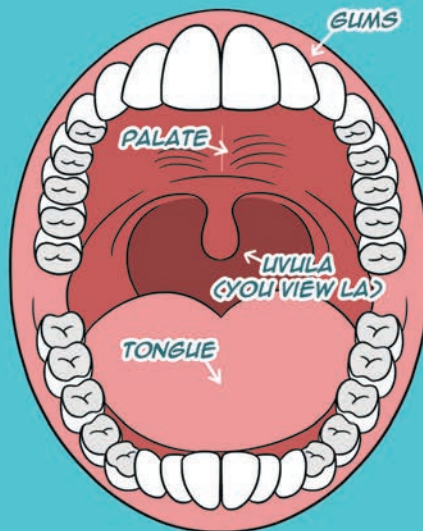
GOOD DENTAL HEALTH STARTS BEFORE A BABY'S FIRST TOOTH COMES IN. YOU CAN PLAY A BIG PART IN MAKING SURE YOUR KIDS KEEP THEIR SMILES BRIGHT AND HEALTHY WELL INTO ADULthood.

IN *THE ADVENTURES OF BOINGG & SPROCKETTE DARBY & KIT RIDE THE MOLAR COASTER*, KIDS CAN LEARN ABOUT TEETH, BRUSHING, FLOSSING, FLUORIDE, CAVITIES AND MORE. THIS PARENTS GUIDE CAN HELP YOU KEEP YOUR KIDS FOCUSED ON GREAT DENTAL HEALTH.

Disclaimer. This book provides general information about dental health. This information does not constitute medical advice and is not intended to be used for diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

More Than Meets the Mouth

THE MOUTH IS AN IMPORTANT PLACE. SPEAKING, TASTING, EATING AND DRINKING ALL TAKE PLACE HERE. TEACH YOUR KIDS ABOUT THE PARTS OF THE MOUTH AND WHAT THEY DO.



TEETH: FOR TEARING AND BITING FOOD; FORMING WORDS; PROTECTING THE MOUTH.

- HUMANS HAVE ONLY TWO SETS OF TEETH DURING THEIR LIVES—BABY TEETH AND PERMANENT TEETH.
- THERE ARE FOUR DIFFERENT TOOTH TYPES: **INCISORS** (SHARP TEETH FOR CUTTING AND BITING); **CANINES** (POINTED CORNER TEETH FOR BITING, GRIPPING, AND TEARING FOOD); **PREMOLARS** (FLAT-SURFACED TEETH FOR TEARING FOOD); **MOLARS** (LARGE FLAT TEETH FOR CHEWING, CRUSHING AND GRINDING FOOD).

TONGUE: FOR TASTING, CHEWING AND SWALLOWING FOOD; FORMING WORDS.

- THE FOUR COMMON TASTES DETECTED BY THE TONGUE ARE **SWEET, SOUR, BITTER** AND **SALTY**.

GUMS: FOR KEEPING THE TEETH IN PLACE.

- THE MEDICAL TERM FOR THE GUMS IS GINGIVA

PALATE (THE ROOF OF THE MOUTH): FOR SEPARATING THE MOUTH FROM THE NASAL CAVITY.

- THERE ARE TWO PARTS TO THE PALATE: THE BONY HARD PALATE IN FRONT, AND THE FLESHY SOFT PALATE IN BACK.

UVULA: FOR HELPING TO SWALLOW.

- THE EXACT ROLE OF THE UVULA ISN'T KNOWN.

USE THE MOUTH DIAGRAM TO POINT OUT THESE PARTS TO YOUR KIDS. THEN HAVE THEM LOOK IN THE MIRROR AND POINT OUT THESE PARTS IN THEIR OWN MOUTHS.



You and Dr. Brightsmile to the Rescue!

HELP YOUR KIDS PROTECT THEIR TEETH AND GUMS BY MAKING SURE THEY...

- BRUSH TWICE A DAY WITH FLUORIDE TOOTHPASTE TO GET RID OF CAVITY-CAUSING PLAQUE.
- FLOSS ONCE A DAY BETWEEN TEETH TO REMOVE THE PLAQUE BEFORE IT BECOMES TARTAR (AGE 4 AND ON)
- EAT A BALANCED DIET THAT LIMITS SUGARY AND STARCHY FOODS THAT CAUSE PLAQUE TO BUILD ON TEETH.
- HAVE DRINKING WATER WITH FLUORIDE. IF YOUR WATER SUPPLY DOESN'T HAVE THE MINERAL, ASK YOUR DENTIST ABOUT PRESCRIBING FLUORIDE SUPPLEMENTS.
- VISIT THE DENTIST FOR REGULAR CLEANINGS AND CHECKUPS.



Brushing Up On Brushing

GOOD DENTAL HEALTH STARTS WITH GOOD BRUSHING SKILLS. SHOWING YOUR KIDS THE RIGHT WAY TO BRUSH THEIR TEETH CAN KEEP THEM FROM GETTING CAVITIES. MAKE SURE THEY HAVE THE RIGHT BRUSHING TECHNIQUE DOWN. SUPERVISE THEM WHILE THEY GET THE HANG OF THESE STEPS:

- SQUEEZE A PEA-SIZED DAB OF FLUORIDE TOOTHPASTE ONTO A RINSED, SOFT-BRISTLED TOOTHBRUSH.
- MAKE SURE YOUR CHILD DOESN'T SWALLOW THE TOOTHPASTE.
- BRUSH THE INSIDE SURFACE OF EACH TOOTH FIRST, WHERE PLAQUE TENDS TO GATHER FIRST.
- BRUSH GENTLY BACK AND FORTH.
- BRUSH THE OUTER SURFACE OF EACH TOOTH. ANGLE THE BRUSH ALONG THE OUTER GUMLINE AND GENTLY BRUSH BACK AND FORTH.
- BRUSH THE CHEWING SURFACE OF EACH TOOTH.
- USE THE TIP OF THE BRUSH TO CLEAN BEHIND EACH TOOTH FROM TOP TO BOTTOM.
- BRUSH THE TONGUE.

The Flossing Facts

IT'S A GOOD IDEA TO FLOSS ONCE A DAY, EVEN FOR KIDS. IT GETS RID OF THE PLAQUE THAT BUILDS UP BETWEEN TEETH IN PLACES THAT A TOOTHBRUSH CAN'T REACH. FLOSSING ALSO HELPS FIGHT CAVITIES AND GUM DISEASE.

FOR FIRST TIME FLOSSERS IT'S NORMAL TO FEEL SOME DISCOMFORT. BUT SOON YOUR KIDS' GUMS WILL BECOME STRONGER FROM DAILY FLOSSING. FLOSSING SHOULD NOT HURT.

How to Floss

STEP 1:

BREAK OFF ABOUT 18 INCHES OF FLOSS. WIND MOST OF IT AROUND ONE OF THE MIDDLE FINGERS. WIND THE REST OF THE FLOSS AROUND THE SAME FINGER OF THE OTHER HAND. THIS FINGER WILL TAKE UP THE FLOSS AS IT GETS DIRTY.

**FLOSSING
HELPS KEEP
GUMS HEALTHY
AND PINK.**



STEP 2:

HOLD THE FLOSS TIGHTLY BETWEEN THE THUMBS AND FOREFINGERS.

STEP 3:

GUIDE THE FLOSS BETWEEN THE TEETH USING A GENTLE RUBBING MOTION. DON'T SNAP THE FLOSS INTO THE GUMS. THIS COULD CAUSE BLEEDING AND HURT THE GUMS.

STEP 4:

WHEN THE FLOSS REACHES THE GUM LINE, CURVE IT AROUND ONE TOOTH. LIGHTLY SLIDE IT INTO THE SPACE BETWEEN THE GUM AND THE TOOTH.

STEP 5:

HOLD THE FLOSS TIGHTLY AGAINST THE TOOTH. GENTLY RUB THE SIDE OF THE TOOTH, MOVING THE FLOSS AWAY FROM THE GUM UP AND DOWN. REPEAT THIS FOR THE REST OF THE TEETH. DON'T FORGET THE BACK SIDES OF THE LAST TOOTH.

**FLOSSING
CLEANS BETWEEN
YOUR TEETH WHERE
YOUR TOOTHBRUSH
CAN'T REACH.**



FLUORIDE IS A MINERAL THAT IS ADDED TO DRINKING WATER, SOME TOOTHPASTE AND MOUTH RINSE. FLUORIDE MAKES TOOTH ENAMEL STRONGER AND GUARDS AGAINST TOOTH DECAY. IT CAN ALSO REPAIR ENAMEL THAT IS WEAK. MANY BOTTLED WATER BRANDS DON'T CONTAIN FLUORIDE. IF YOUR CHILD IS DRINKING THESE, SWITCH TO TAP WATER AND MAKE SURE YOUR COMMUNITY'S WATER SUPPLY HAS FLUORIDE ADDED.

FLUORIDE WORKS FOR CHILDREN AND ADULTS BY SHIELDING TEETH FROM THE ACID THAT CAUSES CAVITIES. EVERY TIME YOU OR YOUR CHILD BRUSHES WITH FLUORIDE TOOTHPASTE - OR EVEN DRINKS WATER - YOU'RE MAKING YOUR ENAMEL STRONGER AND FIGHTING OFF CAVITIES.

IF YOUR AREA DOESN'T HAVE FLUORIDE IN THE WATER, TALK TO YOUR DENTIST. HE OR SHE MAY RECOMMEND A FLUORIDE SUPPLEMENT THAT CAN HELP YOUR CHILD'S TEETH STAY STRONG.

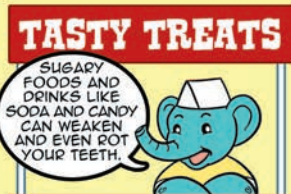


The Right Foods for a Bright Smile

ONE OF THE BIGGEST DANGERS TO YOUR CHILD'S TEETH IS FREQUENT SNACKING. THE SUGARS AND STARCHES FOUND IN FOODS AND SNACKS LIKE COOKIES, CANDIES, DRIED FRUIT, SOFT DRINKS, PRETZELS AND CHIPS MIX WITH PLAQUE ON TEETH TO MAKE ACIDS. THESE ACIDS ATTACK THE TOOTH ENAMEL AND CAN LEAD TO CAVITIES.

WHAT CAN YOU DO TO HELP YOUR CHILDREN'S DENTAL HEALTH? LIMIT THEIR EATING AND DRINKING BETWEEN MEALS. MOST PEOPLE LIKE SUGARY SNACKS OR CHIPS FOR SNACKS, BUT THESE CAN LEAD TO TOOTH DECAY. OFFER THEM A NUTRITIOUS CHOICE INSTEAD:

- CHEESE
- YOGURT
- FRUITS
- VEGGIES
- NUTS



DANGER AHEAD! Cavities and Dental Problems

A *CAVITY* IS A HOLE THAT FORMS IN THE ENAMEL OF A TOOTH. IF NOT FILLED BY A DENTIST, IT CAN REACH DOWN INTO THE TOOTH'S NERVE AND CAUSE A LOT OF PAIN.

PLAQUE AND *TARTAR* ARE THE GUNK CAUSED BY BACTERIA BUILDING UP ON TEETH. IF PLAQUE ISN'T BRUSHED AND FLOSSED AWAY IT CAN BECOME TARTAR, WHICH CAN ONLY BE REMOVED BY A DENTAL CLEANING.

GUM DISEASE AND *GINGIVITIS* CAN BE PAINFUL AND CAUSE THE GUMS TO SWELL.

MAKING SURE YOUR CHILD BRUSHES, FLOSSES AND EATS THE RIGHT FOODS CAN PREVENT THESE PROBLEMS AND KEEP SMILES THEIR BRIGHTEST.



Smile Safety



**DAMAGED TEETH DON'T GROW BACK!
MAKE SURE YOUR KIDS:**

- WEAR A **SEAT BELT** WHILE RIDING IN A CAR.
- WEAR A **HELMET** WHEN RIDING A BICYCLE OR PLAYING FOOTBALL.
- WEAR A **MOUTHSUARD** AND **PROTECTIVE GEAR** WHEN PLAYING SPORTS OR DOING PHYSICAL ACTIVITIES.

IN CASE OF EMERGENCY

IF YOUR CHILD HAS A TOOTH KNOCKED OUT OR BROKEN OFF:

1. CALL YOUR DENTIST.
2. FIND ANY PART OF THE BROKEN OR KNOCKED OUT TOOTH.
3. DON'T WIPE OFF OR CLEAN THE TOOTH.
4. STORE THE TOOTH IN WATER OR MILK AND GO TO THE DENTIST. THE DENTIST MAY BE ABLE TO RE-IMPLANT THE TOOTH INTO YOUR CHILD'S MOUTH.

Seeing the Dentist

EVEN THE BEST FLOSSERS AND TOOTH BRUSHERS CAN'T GET TEETH CLEAN LIKE THEY CAN AT THE DENTIST'S OFFICE. TAKE YOUR KIDS TO THE DENTIST ONCE OR TWICE A YEAR. EXPERTS RECOMMEND STARTING WHEN YOUR BABY IS A YEAR OLD AND GOING EVERY SIX MONTHS AFTER THAT. THIS KEEPS TEETH THEIR CLEANEST AND HELPS TO FIND ANY PROBLEMS BEFORE THEY GET TOO LARGE AND PAINFUL.

WHAT HAPPENS DURING THE DENTAL CHECKUP?

FIRST, THE DENTIST WILL REVIEW YOUR CHILD'S MEDICAL AND DENTAL HISTORY. HE OR SHE WILL GENTLY LOOK AT YOUR CHILD'S TEETH, GUMS AND JAWS. THE DENTIST OR HELPER WILL CLEAN AND POLISH THE TEETH. AFTER THAT, THEY'LL APPLY A FLUORIDE SOLUTION TO MAKE THE TEETH STRONGER.

YOUR CHILD'S DENTIST WILL USE WORDS, PICTURES AND IDEAS YOUR CHILD WILL EASILY UNDERSTAND SO HE OR SHE WILL WANT TO TAKE CONTROL OF HIS OR HER OWN HEALTHY SMILE.



Keep Your Kids on a Dental Schedule

THE *DARBY & KIT RIDE THE MOLAR COASTER* BOOK CONTAINS A SCHEDULE FOR YOUR KIDS TO USE. THIS WILL HELP THEM REMEMBER TO BRUSH, FLOSS AND GARGLE WITH MOUTHWASH SHOW THEM HOW TO CHECK OFF THE ACTIVITIES AFTER DOING EACH ONE EVERY DAY.

<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH
<input type="checkbox"/> FLOSS	<input type="checkbox"/> FLOSS	<input type="checkbox"/> FLOSS	<input type="checkbox"/> FLOSS
<input type="checkbox"/> GARGLE MOUTHWASH	<input type="checkbox"/> GARGLE MOUTHWASH	<input type="checkbox"/> GARGLE MOUTHWASH	<input type="checkbox"/> GARGLE MOUTHWASH
<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH	<input type="checkbox"/> BRUSH TEETH

AFTER USING AND COMPLETING THE CALENDAR EACH DAY FOR A MONTH, HAVE YOUR KIDS TAKE A CLOSE LOOK AT THEIR TEETH. THEY SHOULD NOTICE A BRIGHTER, WHITER AND HEALTHIER SMILE! HAVE THEM TAKE THEIR COMPLETED CALENDAR WITH THEM TO THE DENTIST TO SHOW EVERYONE THERE HOW WELL THEY'RE TAKING CARE OF THEIR MOUTH!

Resources



DARBY'S KIDS CLUB
DARBYSKIDSClub.COM

ADA: AMERICAN DENTAL ASSOCIATION
ADA.ORG

AMERICAN ACADEMY OF PEDIATRIC DENTISTRY
AAPD.ORG

HEALTHYTEETH.ORG

DENTAL RESOURCES
(FIND DENTISTS BY STATE)
DENTAL-RESOURCES.COM

MYCHILDRENSTEETH.ORG

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***HOLD ON FOR A WILD RIDE THROUGH
THE WORLD OF GOOD DENTAL HEALTH!***

USE THIS BOOKLET TO HELP KEEP
GOOD DENTAL HEALTH ON THE TIP
OF YOUR KIDS' TONGUES!

- PARTS OF THE MOUTH
- BRUSHING TIPS
- FLOSSING
- FLUORIDE
- CAVITIES
- MORE!



*"TAKING CARE OF YOUR MOUTH, TEETH AND GUMS IS
IMPORTANT FOR EVERYONE. THIS BOOK TEACHES
DARBY, HIS FRIENDS AND ALL KIDS HOW TO HAVE
HEALTHY ORAL HYGIENE."*

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FOX SMITH

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KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER!