



Hello. My name is Dr. Christina.
It's very nice to meet you.
I'd like to talk to you about how
much fun going to the dentist
can be. I know a lot of you are
nervous and maybe even a little
scared. However, you have
nothing to worry about. With the
proper hygiene and a healthy diet,
your smile will last a lifetime.

*Let's go over the five basics
of proper hygiene and
smile management!*



Dr. Christina



Get the latest information about
your favorite characters and
great dental health tips at

www.TOOTHTALES.com

T: (949) 235-7921
E: info@toothtales.com

ToothTales is a trademark of ToothTales™, LLC

My First Visit to the Dentist

ToothTales^{LLC}

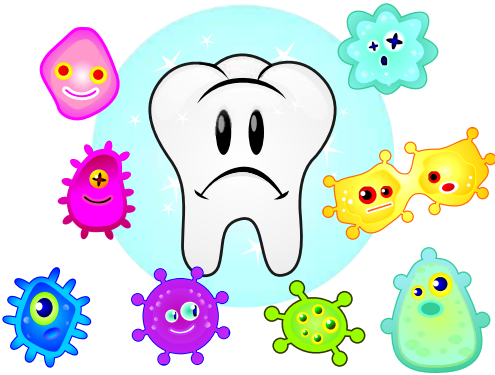


*Going to the Dentist has
never been more fun!*

Five Basics of Proper Hygiene and Smile Management!

1

Make sure you go to the dentist every 6 months for a check up, x-rays, and cleaning.

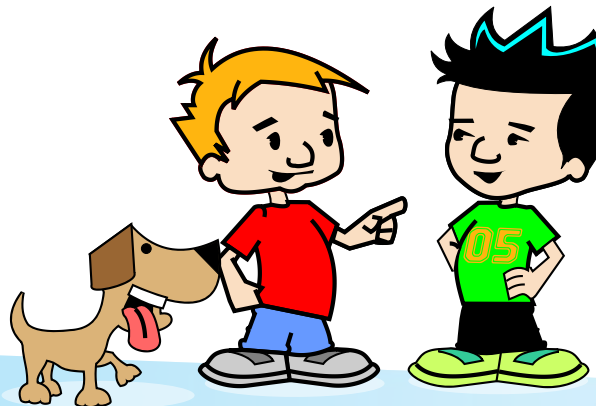


3

Remember that tooth vitamins like fluoride are very important for your teeth. Fluoride can be found in your toothpaste and the water you drink.

4

Eating healthy snacks like fruit and cheese instead of cookies, candy, or soda will help you avoid cavities.



Molar

Freddy

Bobby

5

"First Visit by the First Birthday" is when your child should visit a dentist.



Congratulations! Now that you know the 5 basics of proper hygiene and smile management, you have the knowledge to be a tooth expert. Make sure you pass your wisdom onto your family and friends.

