

## Oral Health Education Supplement

Thank you for recognizing the importance of your child's oral health education! Your commitment to helping them understand and care for their teeth and gums is essential in building lifelong habits.

The following pages are designed to make learning about oral health both engaging and fun for kids. We'd love to hear your thoughts on these resources—please let us know how they work for you and your child, as well as any suggestions for future content

### 10 Fun Facts

#### *The Tooth Fairy's Garden: Food for a Bright Smile*

*(story, discussion questions, coloring pages)*

#### Word Puzzle 1 6x6

#### Word Puzzle 2 12x12

#### *The Day I Shrunk and Met Tooth Guard*

*(story, discussion questions, coloring pages)*



We appreciate any feedback you share and will keep your responses confidential  
Contact us at [www.starsmilez.com/contact](http://www.starsmilez.com/contact)

## 10 Fun Facts About Oral Health



### 1. **Saliva is a Super Cleaner!**

Your mouth makes about a soda can's worth of saliva every day! It helps wash away food bits and protects teeth from cavities.

### 2. **Sharks Lose a Lot of Teeth—And Keep Growing More!**

Some sharks can lose and replace over 30,000 teeth in their lifetime. We only get two sets, so we have to protect them!

### 3. **The First Toothbrushes Were Made from Sticks!**

Thousands of years ago, people used twigs with frayed ends to scrub their teeth.

### 4. **Tooth Enamel is Tougher Than Bone!**

The outer layer of your teeth, enamel, is the hardest part of your body, even tougher than your bones.

### 5. **Teeth Start Growing Before You're Born!**

Teeth begin forming under the gums when babies are in their mom's tummy, but they don't come out until months later.

### 6. **A T-Rex Had Over 60 Razor-Sharp Teeth!**

Dinosaurs needed lots of teeth for eating plants or meat, but our teeth are just right for chewing our favorite foods.

### 7. **Plaque is Tiny But Mighty**

Plaque might look like nothing, but it's filled with tiny germs. That's why brushing and flossing are so important!

### 8. **Elephants Grow New Teeth—But Only a Few Times**

Elephants go through six sets of teeth in their lifetime. After that, they don't get any more!

### 9. **Tongue Prints are Unique—Just Like Fingerprints!**

Every person's tongue has a different pattern, just like our fingerprints. Cool, right?

### 10. **The Ancient Egyptians Invented Toothpaste!**

Thousands of years ago, they used crushed eggshells, myrrh, and even ashes to keep their teeth clean!

## The Tooth Fairy's Garden: Food for a Bright Smile

As soon as my eyes closed, I felt a gentle breeze lift me from my bed, carrying me up, up, through the night sky. I floated over twinkling stars, finally landing in a beautiful, sparkling garden filled with shimmering flowers, shining streams, and tall trees bursting with fruits and vegetables. I knew right away—it was the Tooth Fairy's garden, a place I'd only heard about in stories.



"Welcome!" a soft, tinkling voice called. I turned to see the Tooth Fairy herself, smiling warmly. "You're here just in time to explore the garden," she said, leading me through rows of plants.

"This here," she pointed to a tall tree loaded with bright apples, "is the Apple Blossom Tree. Apples are nature's toothbrush, scrubbing away plaque and keeping teeth strong." Next, she showed me the Carrot Vine and Cheese Bush. "These foods help your teeth stay strong and shiny," she explained. "They're like a shield against the Sticky Sugars."

Curious, I asked, "What's the Sticky Sugars?"

The Tooth Fairy's smile faded. She pointed to a dark corner of the garden, where sticky goo covered everything in sight. "Sticky Sugars are what happens when we eat too many sweet things like candy and soda. They turn into plaque, covering teeth and making them weak. The more plaque, the harder it is for teeth to stay strong."

I stared at the gloomy corner and felt a shiver. I didn't want my teeth to end up like that! "So, if I eat more foods from this garden, my teeth will stay strong?" I asked.

The Tooth Fairy nodded. "Every apple, carrot, and sip of milk helps. Your choices keep this garden—and your smile—healthy."



Before I left, she handed me a small pouch of sparkling seeds. "These are Magic Munch Seeds, a reminder to choose foods that help you grow strong."

I woke up back in my bed, but the little pouch of seeds lay beside me. From that day on, every apple, carrot, and glass of milk was more than a snack—it was a way to help the Tooth Fairy's garden bloom.

Discussion Questions:

1. Why do you think the Tooth Fairy's garden had both healthy plants and a dark, sticky area?
2. What are some foods you think would grow in the Tooth Fairy's garden?
3. How can choosing certain foods help our smiles stay bright and healthy?

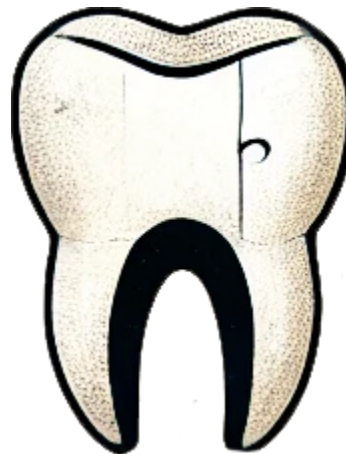
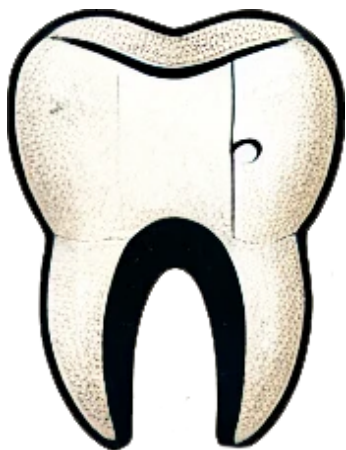






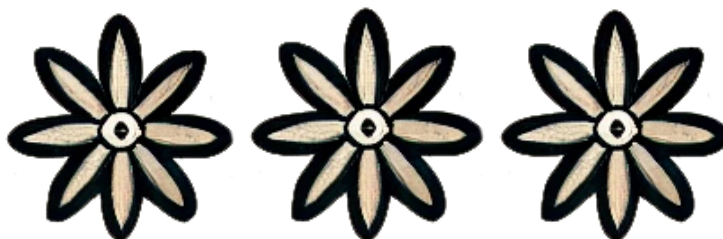
Find these words:

**BRUSH - TOOTH - TALK - SMILE - LEARN**



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M	M	N	Z	F	T
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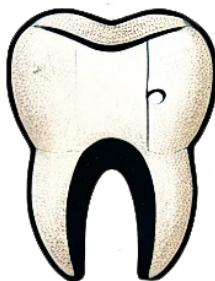




Find the words:

**HEALTH - HAPPY - DENTAL - TOOTHBRUSH - CLEAN - BRIGHT - BEAUTIFUL**

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## The Day I Shrunk and Met Tooth Guard

I never thought mouthwash could be magical, but tonight, everything changed.

It started like any other night—I brushed my teeth, same as always. But sitting on the counter was a new bottle of mouthwash, sparkling with a strange glow. The label read: “*Shrink down, see the world in a swirl.*” I laughed, thinking it was just a fun design. Still, I couldn’t resist trying it.



The second I took a sip, I felt dizzy. My feet lifted off the ground, and before I knew it, I was shrinking—smaller, smaller, until I was no bigger than a tooth! The bathroom disappeared, and I landed right in the middle of a shiny, white surface.

“Welcome to your mouth!” a voice called.

I spun around to see a small knight, no taller than I was, standing proudly with a toothbrush sword in hand. “I’m Tooth Guard,” he said, “and we’ve got trouble.”

“Tooth Guard?” I blinked, trying to make sense of it all.

“Yes, I protect the teeth! But I can’t do it alone,” he explained. “The Plaque Squad is hiding between the teeth, and the Bacteria Beast is getting stronger every minute.”

Suddenly, I saw them—tiny, squirming creatures covered in goo, crawling between my teeth. Tooth Guard showed me how earlier, my brushing swept away most of the enemies, but some were hiding where only *Floss* could reach. As I watched him swing his floss rope between the teeth, he trapped a few more plaque soldiers, pulling them out with ease.

But something was still wrong. No matter how much we brushed and flossed, little bacteria remained.

“That’s where *The Swirl* comes in,” Tooth Guard smiled, holding up the magical mouthwash bottle. “This is our last line of defense.”

Together, we swirled the mouthwash, and I watched in awe as the remaining invaders were washed away, leaving my teeth sparkling clean.

As I returned to my normal size, I felt different. I wasn’t just brushing my teeth anymore—I was protecting them, fighting off an army of plaque and bacteria. That night, I didn’t just go to bed with clean teeth—I went to bed as a protector of my smile.





**What did you learn about why it's important to brush your teeth twice a day?**

Encourage your child to talk about how brushing helps remove plaque and keeps teeth strong. You can ask them to recall how Tooth Guard used his toothbrush sword in the story to fight the plaque soldiers.

**Why do you think the floss and mouthwash were so important in the adventure?**

Help your child understand the role of flossing and mouthwash in getting to hard-to-reach places and removing leftover plaque. Discuss how plaque soldiers tried to hide between teeth and how The Swirl helped wash away the remaining bacteria.

**How do you think brushing, flossing, and using mouthwash protects your teeth in real life, just like it did for the child in the story?**

This question encourages kids to connect the fun adventure to their daily routine and to see themselves as "protectors" of their teeth, just like the hero in the story.

