

say no to cavities club challenge



Keeping cavities away is an important job! Are you up for the challenge?

1

Brush your teeth for two minutes in the morning and two minutes before bedtime. Don't forget to floss once a day.

2

Mark your calendar with an X each time you brush, and **check the box** when you floss.

3

Visiting the dentist at least once a year also helps keep your smile healthy.




































4

When you visit the dentist, be sure to **draw a big smiley face on that day.**

Delta Dental of Arkansas | DeltaDentalAR.com

say no to cavities club challenge

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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challenge tips

Cut out the chart and have an adult make one copy for each month. Then, hang the chart in your bathroom to keep track of brushing and flossing. Use your official member card to share your Say No to Cavities Club status with others.



official member

say no to cavities club

Name _____

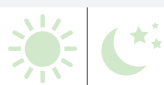



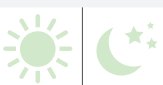

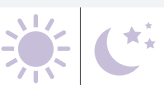



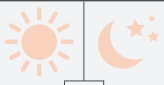




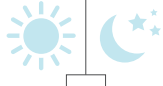
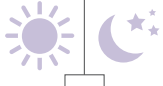
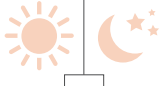
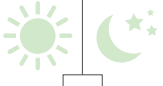

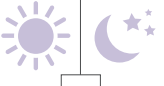

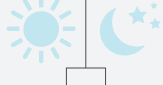

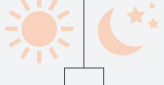




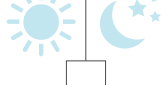

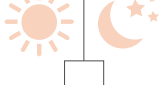
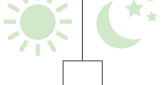

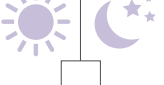
Dentist Signature _____

say no to cavities club challenge calendars

Ask an adult to make one copy for each month, then cut out the charts. Hang the chart in your bathroom to keep track of brushing and flossing.


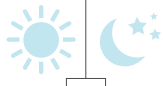

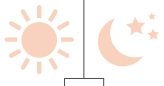
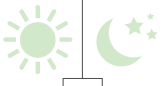
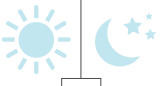
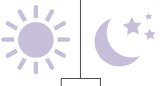



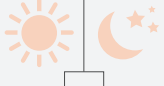




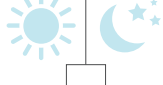

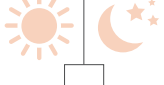
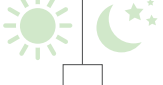

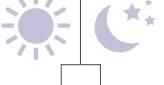

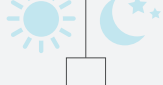

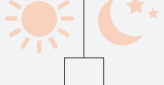

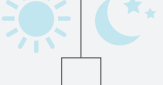


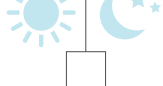
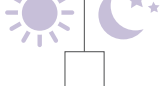
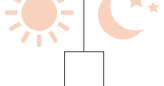
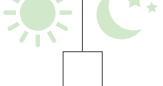
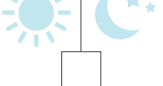
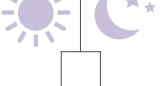
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join the say no to cavities club



Keeping teeth cavity-free helps them stay strong and healthy. But how can you do that? We have a few ideas! Even if you've already had a cavity, these tips will help prevent future tooth decay.



What is a cavity?

Cavities are also known as tooth decay. The decay causes holes or weak spots in the hard surface of your tooth, which is called “enamel.”

How are cavities caused?

Cavities are caused by the bacteria in plaque that feed on sugars and make acids. These acids harm tooth enamel. It's important to remove bacteria and plaque before these acids damage teeth, which is why you should clean your teeth well, especially after eating sweets.

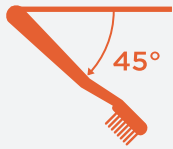


How can I prevent cavities?

- 1 Brush!** Brushing your teeth at least twice a day for two minutes each time will help get rid of the plaque, tartar, bits of food and bacteria on your teeth.
- 2 Floss!** It's hard for a toothbrush to get plaque and food from between your teeth, but flossing once a day will do the trick. If string floss is hard to use, try a floss pick – floss attached to a plastic handle.
- 3 Visit the dentist!** Your dentist or hygienist will clean your teeth really well and maybe even give your teeth a coat of fluoride to help keep them strong and healthy. You should visit the dentist at least once a year so he or she can help make sure you maintain a beautiful smile.

1

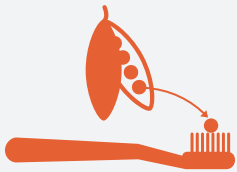
Brush!



Be sure to brush at a 45 degree angle.



Brush gently in an oval-shaped motion.



Use a dab of fluoride toothpaste about the size of a pea.



Don't forget to brush your tongue!



Get a new toothbrush every three months - or sooner if bristles are worn and sticking out everywhere.



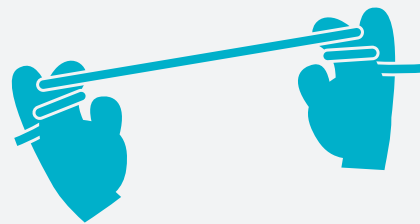
Imagine your mouth is four sections: top right, top left, bottom right and bottom left. Brush each section for about 30 seconds. You can even use the toothbrush timer on Delta Dental's mobile app!

2

Floss!



Use 18 inches of floss each time. That's a ruler and a half.



Wind most of the floss around one of your fingers on one hand. Wind the remaining floss on the same finger of the other hand so you have just a few inches between your fingers.



Hold the floss between your thumbs and forefingers and gently run it up and down against each tooth and under the gum line. Don't forget to floss the back sides of your back teeth in the corners of your mouth.

3

Visit the dentist!

Be sure to see your dentist a least once a year for an exam and cleaning.