

COLORING SMILES 2

THE ADVENTURES OF TINO

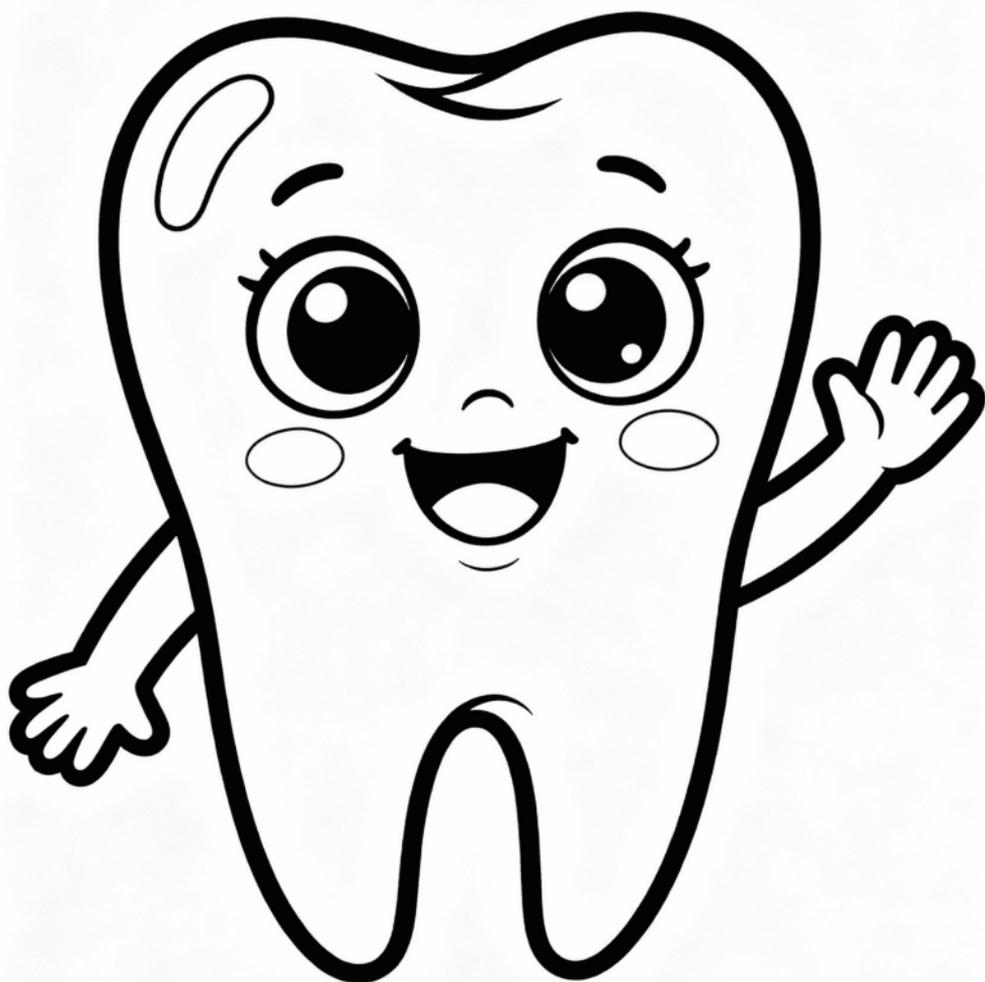
Learn while playing
about oral health!

Tino



Hello! I'm Tino!

I'm a very special baby tooth, and I love bright smiles! Let's learn how to care for our teeth together. Ready for a fun-filled adventure? Let's go!



Brushing Time!

**Brushing your teeth is very important!
Use gentle movements from top to
bottom and side to side. Brush after
breakfast, lunch, and before bed. This
way, your teeth will stay strong and
healthy!**



The Tooth Fairy

When a baby tooth falls out, the Tooth Fairy comes to visit! She cares for all the teeth and leaves a little surprise under the pillow. But remember: she only visits children who take good care of their smiles!



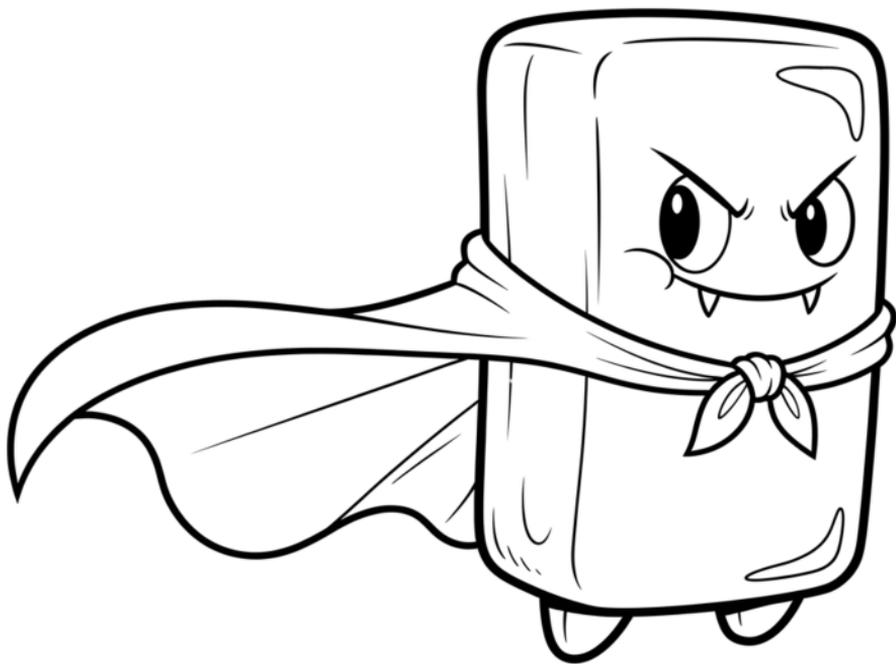
The Guardian of Smiles

The Guardian is very wise and knows all the secrets of teeth! He teaches that caring for your teeth is an act of self-love. With his help, you'll learn how to have a bright smile forever!



Watch out for Sweetie!

Buttercup loves sugar and sweets! He's mischievous and tries to convince kids to eat lots of sweets without brushing their teeth afterward. But you're smart and know that too much sweets are bad for you, right?



Watch out for Plack!

Plack is the bacterial plaque that sticks to your teeth when you don't brush properly. It's sticky and wants to make little holes in your teeth (cavities!). The good news? Brushing and flossing keep Plack at bay!

Plack



Together We Are Stronger!

**Tino, the Tooth Fairy, and the Guardian
work together to protect all the smiles
in the world! You're part of this team
too! Take good care of your teeth and
be a smile hero!**



The Magic Brush

**A good toothbrush is your best friend!
Choose a soft toothbrush that's the
right size for your mouth. Replace your
toothbrush every three months or when
the bristles become worn. Brush with
care, and your teeth will thank you!**



The Special Helpers

Fluoride toothpaste keeps your teeth strong and protected. Use just a pea-sized amount of toothpaste. Floss cleans between teeth where a toothbrush can't reach. Use both every day!



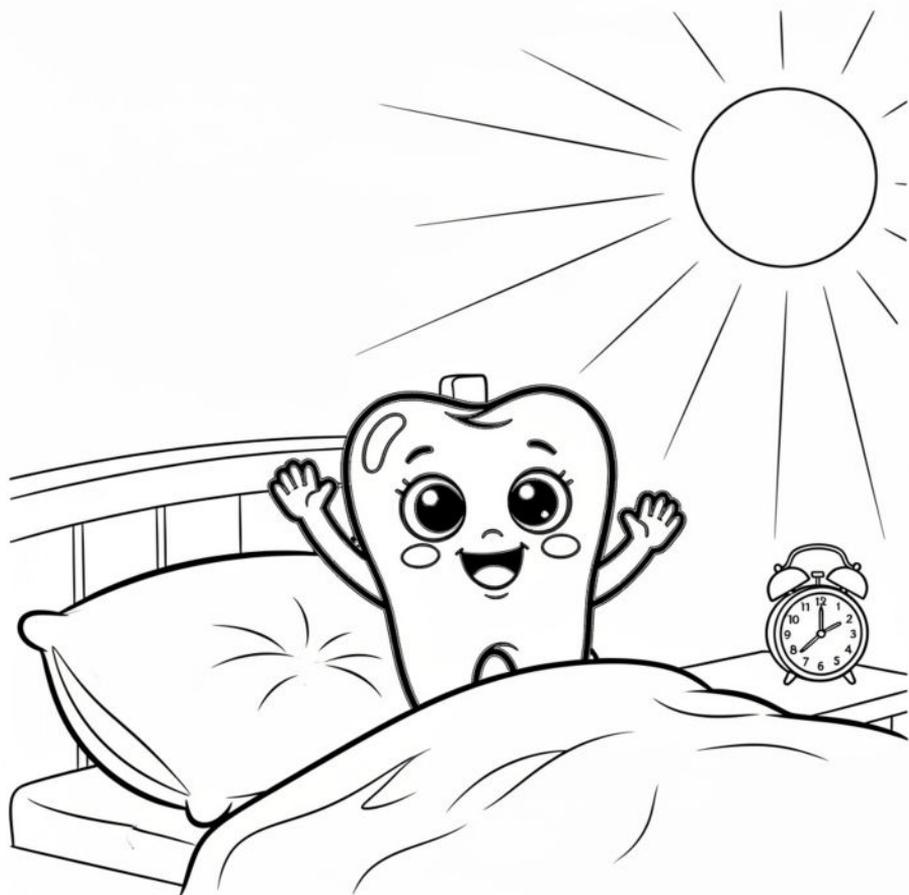
Visit to the Dentist

Going to the dentist is a fun adventure, don't be afraid! The dentist is your friend and helps keep your smile healthy. Visit the dentist every 6 months for a checkup. This way, your teeth will always be strong and beautiful!



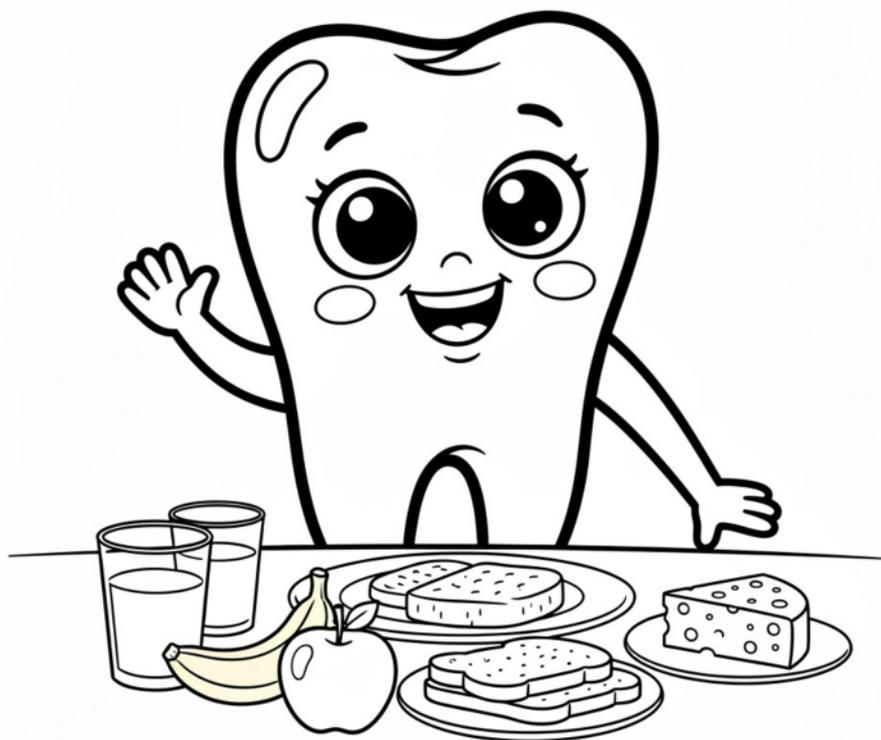
Good morning, Teeth!

When you wake up, your teeth wake up too! The first thing to do in the morning is brush your teeth. That way, you start the day with a fresh, bright smile!



Tooth-Friendly Foods

Fruits, milk, cheese, and vegetables keep your teeth strong! Avoid eating too many sweets and soda. Remember: always brush your teeth after eating!

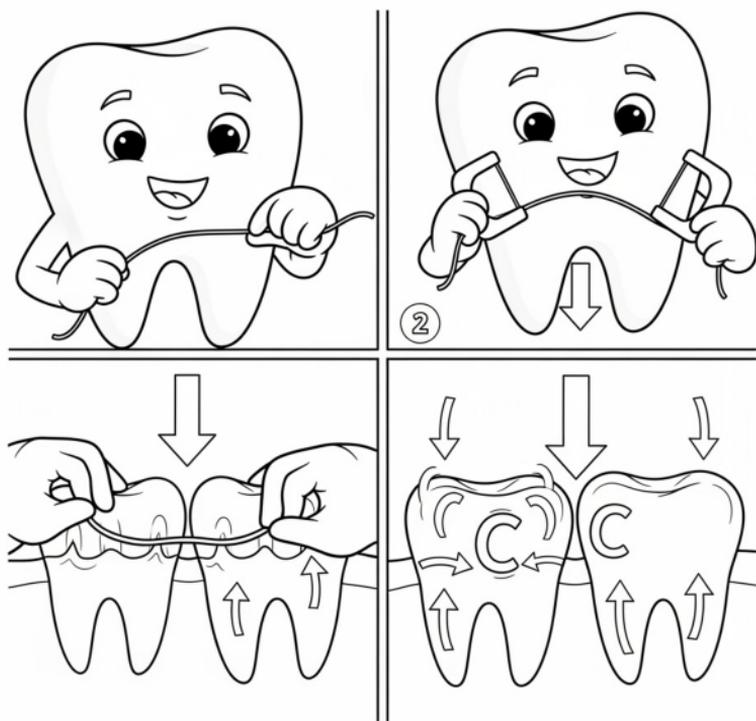


Dental Floss is Your Friend

**Flossing cleans between teeth
where a toothbrush can't reach!
Ask an adult for help until you learn
on your own.**

**Floss at least once a day, before
bed.**

TINO



Congratulations, You Did It!

You learned from Tino and his friends how to care for your teeth! Now you know how to brush properly, floss, and visit the dentist. Keep it up, and your smile will shine forever! You're a true Tino Friend!



OFFICIAL CERTIFICATE

This certificate is awarded to

For completing Tino's
Adventures and learning how to
take good care of your teeth!

You are now officially a FRIEND OF
TINO ★ Guardian of Smiles! ★

Date: __/__/____

Signature of responsible party