



DARBY & KIT RIDE



**THE Molar
Coaster**



PRE-TEST

Hi, kids!
It's your friend,
Darby Bolngg! We're
going to learn about
keeping your teeth healthy,
but first take this pre-test
to find out what you know.
Then let's go ride the
Molar Coaster!



Take the PRE-TEST with Darby Bolngg!
Answer the questions true or false.

1. The four pointy teeth in the front of your mouth are called Feline teeth.

TRUE **FALSE**

2. Fluoride in water and toothpaste helps make teeth stronger.

TRUE **FALSE**

3. Not brushing your teeth well can cause cavities.

TRUE **FALSE**

4. The hard outer surface of a tooth is called the pulp.

TRUE **FALSE**

5. You should floss between your teeth once a day.

TRUE **FALSE**

DISCLAIMER: This book provides general information about dental health. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician, dentist or health care practitioner to discuss specific individual health needs and to professionally address dental health or medical concerns.

It was a bright and shiny Saturday in Claytown. The yearly Cuspid Carnival was in full floss and swing. Darby and Kit decided to head over and check out the brand new Molar Coaster ride.

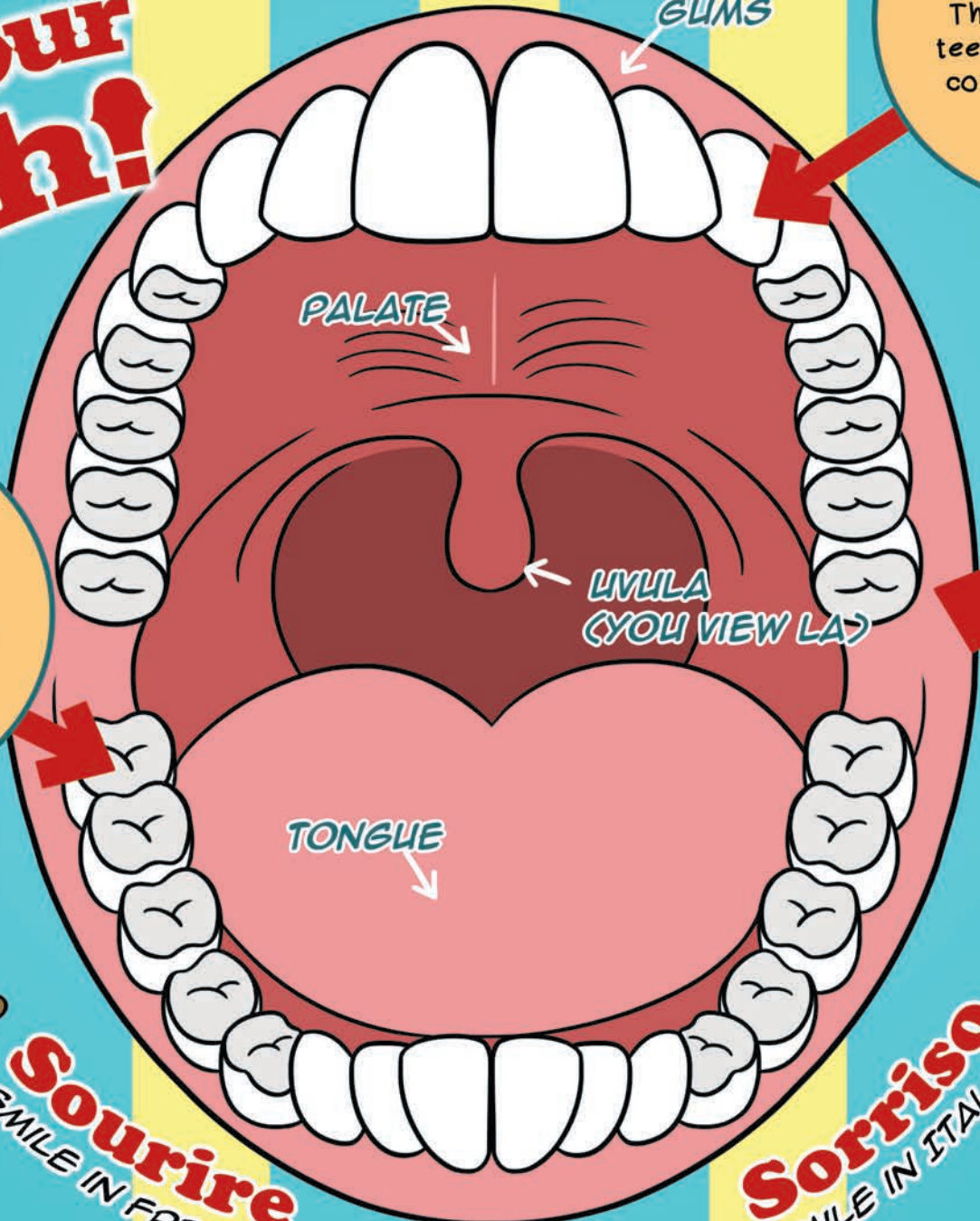


Darby and Kit met Dr. Brightsmile, Claytown's very best dentist. She would take them on the Molar Coaster and through the fascinating Cuspid Carnival.



Darby and Kit hopped on the Molar Coaster and got a food's-eye view of all 32 teeth! From canines to cuspids they went over every tooth and got to know exactly what was in their mouths.

Inside Your Mouth!



CANINE TEETH

The four pointy teeth in the front corners of your mouth.

牙齿
TEETH IN CHINESE

Chompers
NICKNAME FOR TEETH

WISDOM TEETH

Four teeth in the very back of your mouth that grow in at around age 17 - 21.

32 TEETH

As a kid you'll have 20 teeth, but once you're an adult you'll have 32 teeth.

TONGUE

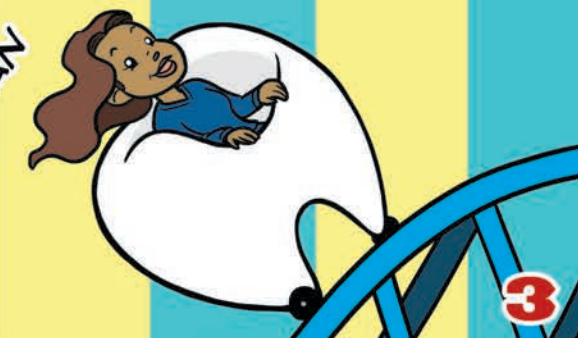
LUVULA
(YOU VIEW LA)

PALATE

GUMS

Sourire
SMILE IN FRENCH

Sorriso
SMILE IN ITALIAN



STEP RIGHT UP & TAKE A LOOK AT

THE AMAZING TOOTH

PRESENTED BY SIR DENTIN ENAMELSWORTH

ENAMEL

The hard outer layer that protects your teeth.

Did you know that teeth are actually living things? We help you chew, speak, smile and whistle!

DENTIN

The bony layer under the enamel.

PULP

The soft inner part of the tooth made of living tissue.

NERVES

Let you feel hot and cold foods through your teeth.

My friend Sir Enamelsworth knows everything about tooth wisdom!



Teeth need TLTC = Tender Loving Tooth Care! If you complete these steps daily, you can achieve the level of Tooth-Hygenius!

Repeat this two times while brushing: "Funky breath will tell the truth, if I don't brush from tooth to tooth!"

Brush all sides of teeth and gums.

Brush twice a day!

2

BRUSH-A-WHIRL



Never share your toothbrush.

The first toothbrush was made in England in 1780.



Darby and Kit wanted to become Tooth-Hygeniuses. They knew that part of brushing their teeth was also using toothpaste with fluoride (floor-ide) in it.

Dr. Brightsmile said that being a Tooth-Hygenius was all about the floss. Flossing helps with your overall health and the happiness of your smile.

Don't swallow your toothpaste. After brushing, always spit it out in the sink and rinse.

Toothpaste helps scrub away food and germs while it polishes your teeth.

Toothpaste comes in many colors and flavors like mint and bubblegum.

FLOSSINATOR

Flossing cleans between your teeth where your toothbrush can't reach.

Flossing helps keep gums healthy and pink.

Floss was first made of silk in 1882. Today it's made of nylon.

TUBE O' CHUTE

Sir Enamelsworth, Dr. Brightsmile, Darby and Kit were ready to take a refreshing plunge on the Fluoride Splash and learn how it keeps their mouths healthy.

FLUORIDE SPLASH

Fluoride helps keep tooth decay away by protecting teeth.



There is mouthwash just for kids with fluoride to keep your teeth strong.



A little bit of fluoride can be in our tap water so that we can have healthier smiles.



What's so important about your gums, Dr. Brightsmile? What do they do?



Great question, Darby!

Only 2/3 of a tooth is visible. The rest is under your gums.



Gums are the pink fleshy parts around your teeth.



Your gums shouldn't bleed when you brush or floss. If they do, ask your parent about seeing a dentist.



Teeth are attached at the root, snug in your gums!

GUM-O-RAMA

Just like putting the cap back on the toothpaste, it was good to "recap" the Tooth-Hygenius facts one by one.

TOOTH Cleaning Course

BRUSH 2X A DAY

**FLOSS
ONCE A DAY**

Make sure to ask your dentist for a safe mouthwash, and only use it when with an adult!

Always ask an adult which mouthwash to use.

Use a safe mouthwash once a day!

Darby, Kit and Dr. Brightsmile jumped back on the Molar Coaster near the snack row, where they learned about what kinds of foods were good and bad for their teeth.

YUMMY GOODIES

Foods like cheese, milk, greens and fish help your teeth stay strong.

TASTY TREATS

Sugary foods and drinks like soda and candy can weaken and even rot your teeth.

Dr. Brightsmile told Darby and Kit if they took care of their teeth by brushing, flossing and eating the right foods, visiting the dentist would be a breeze.

SMILE!

Darby!
Your teeth and gums are so healthy and shiny. Great job!

Thanks,
Dr. Brightsmile!

The ride entered a dark and creepy area that showed the problems that can go on inside the mouth.

CAVITY CAVE



A cavity is a hole that forms in your tooth.



Plaque is the yucky stuff made of germs that sticks to your teeth.



If you have a cavity and don't see a dentist, it can decay to the inside of your tooth.



A cavity can give you a toothache and be very painful.



Scene by scene the gang saw what could happen if they didn't take care of their teeth.

CAVITIES

COUNT VON CAVITY'S
HOUSE OF

CREEPY TEETH

PLAQUE (PLACK)

BAD BREATH

FOOD IN YOUR TEETH



I'm Count Von Cavity! You can keep me away with good brushing and flossing skills!



Count Von Cavity

BLEEDING GUMS

SORE TEETH

Use the calendar to make sure that you brush twice a day and floss once, as well as gargle with mouthwash! Every day, put a check mark in the box as you take care of your teeth!



WEEK 1

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<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"/> 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"/> 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	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth

WEEK 2

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<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"/> 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"/> 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	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth

WEEK 3

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<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"/> 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"/> 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	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth

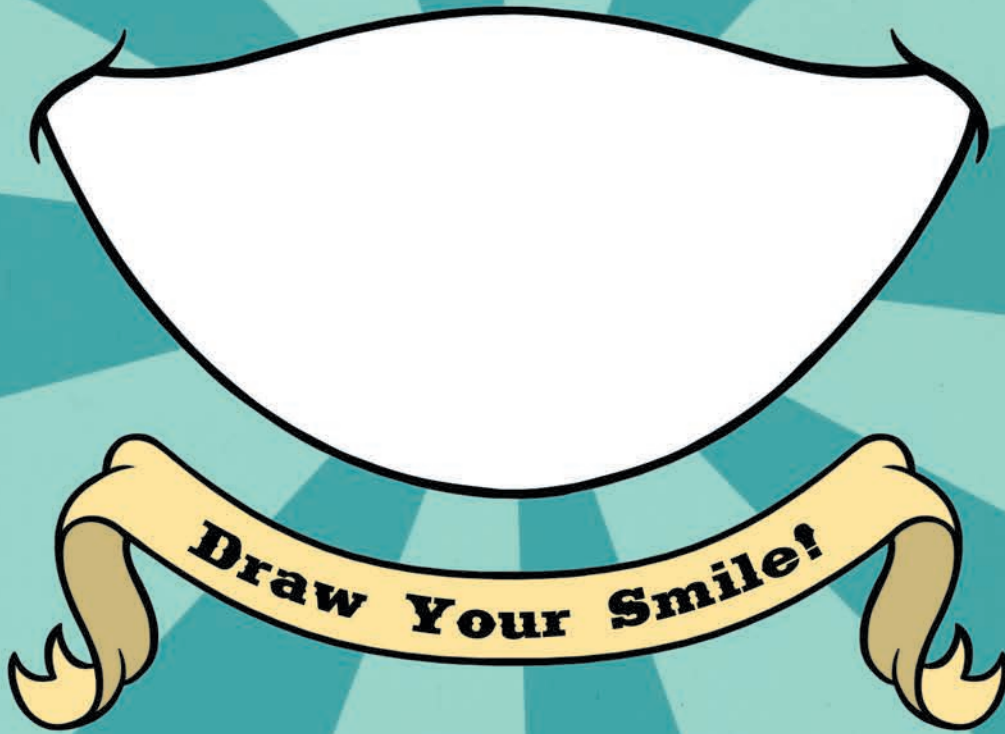
WEEK 4

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<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"/> 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"/> 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	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth

WEEK 5

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<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"/> 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"/> 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	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth

This is My Book and My Smile!



EVERY SMILE IS PERFECT!

My name is

POST-TEST

You did it!
Now take the post-test
to find out how much you've
learned. Once you're done,
check your answers with the
answers below.



Take the POST-TEST with Darby Bolngg!
Answer the questions true or false.

1. The four pointy teeth in the front corners of your mouth are called feline teeth.

TRUE

FALSE

2. Fluoride in water and toothpaste helps make teeth stronger.

TRUE

FALSE

3. Not brushing your teeth well can cause cavities.

TRUE

FALSE

4. The hard outer surface of a tooth is called the pulp.

TRUE

FALSE

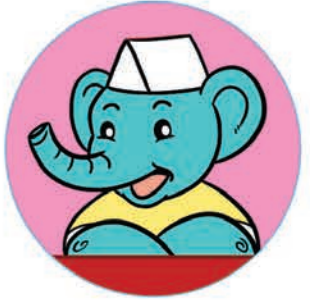
5. You should floss between your teeth once a day.

TRUE

FALSE

1.) FALSE 2.) TRUE 3.) TRUE 4.) FALSE 5.) TRUE

© 2015 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States and international copyright law. No part of this publication may be reproduced, distributed, displayed, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice.



BUCKLE UP AND TAKE A RIDE ON THE

Molar Coaster!

Take the Tooth-Hygenius Pledge!



I pledge to brush and floss my teeth
and keep them shiny white.
To brush them in the morning
and then again at night.



I know that healthy snacks are best,
like milk and fruit and cheese,
'cause sweets like candy and soda pop
can give you cavities.



I'll be a tooth-Hygenius,
with the finest smile you've seen!
I'll see the dentist twice a year
and the tooth fairy in between!

My canines, cuspids and molars
will be oh so bright to see!
If I take care of all my teeth
then they'll take care of me!



Signed

(name)

"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."



Made in
the USA



Keep the planet
healthy! This
book was printed
on recycled paper!

Jack Dillenberg, DDS, MPH, Dean
Arizona School of Dentistry &
Oral Health, A.T. Still University

Written and created by
Michelle Bain

Illustrated and designed by
Fox Smith

CENTENE[®]
Corporation

ISBN 978-0-9916167-8-7