



## Defeat Monster Mouth!!

Oh no! The dreaded Monster Mouth - and The Plaqster has it!

Not to worry. Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are on the job! They know just how to attack Monster Mouth and get The Plaqster's smile back on track.

To fight Monster Mouth and promote good oral health our friends follow this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Defeating Monster Mouth takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

You can defeat Monster Mouth, too! Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.