

Tom Bear's



Happy Teeth!





Tom Bear is very happy.

Today he went to see the dentist!

Mommy Bear said the dentist is someone that helps us.

The dentist helps to look after your teeth.

Tom bear said hello to the dentist
and the nurse.

He sat in a big chair and had a magic ride.

The chair went up, the chair went
down and the chair turned into a bed.

Wheeeeeee! What fun!





The dentist counted all of Tom bears teeth

1... 2... 3... 4... and lots more!

The nurse said "I can see all of your shiny teeth, they look very clean."

Tom Bear smiled "I brush my teeth every morning and every night before I go to bed. Mommy Bear helps me too" he said.

"That's very good Tom Bear "
said the dentist.





"Make sure you brush all of your teeth, front and back, inside and outside and don't forget to brush on the top to keep them happy and shiny" said the nurse.

"I do" said Tom Bear "..... and I use toothpaste that makes bubbles and tastes really minty. Mommy Bear says that it makes my teeth super strong!"

"How wonderful" said the dentist "your mommy is very clever".



The nurse pointed to a picture on the wall.



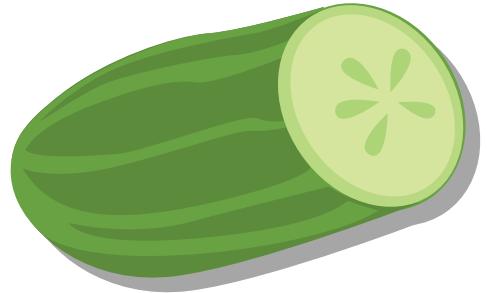
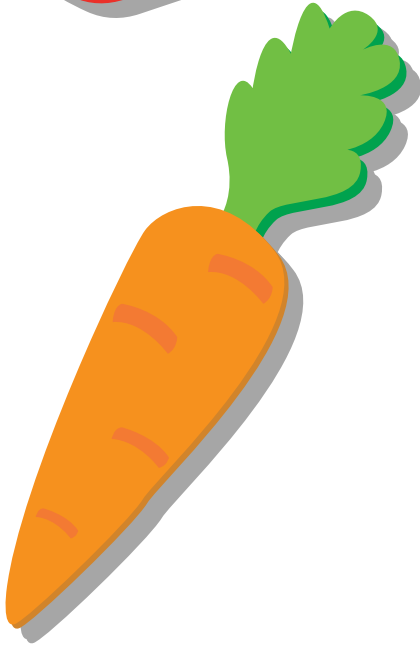
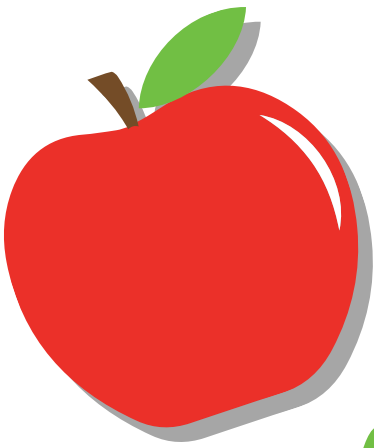
“Look Tom bear “she said” a pea sized blob of toothpaste is just enough and don’t forget to spit out the toothpaste, do not rinse! Toothpaste has magic powers to keep your teeth super strong, so we don’t want to wash it all away.”

“Wow!!” shouted Tom bear.



“Drinking milk and tap water will make your teeth strong and healthy too” said the Dentist.

Mommy bear nodded and smiled “When we get hungry between meals we have snacks that are good for our teeth”



"Can you tell me what snacks you like to eat Tom bear?" asked the dentist.

"I love apples, bananas, carrot sticks and cucumber" said Tom Bear.

"Yum, yum!" and rubbed his tummy.

The dentist, the nurse and Mommy Bear all laughed.

"Yum, yum!" they giggled and rubbed there tummy's too!

"I think its time to say goodbye now, but before you go, you can choose a sticker. You are looking after your teeth Tom Bear, well done!" said the dentist.

"**yeah!!**" shouted Tom Bear, feeling very proud.



The dentist, the nurse, Tom Bear
and Mommy Bear all waved and
said goodbye.

Tom Bear had a fun time at the dentist.

He smiled and shouted

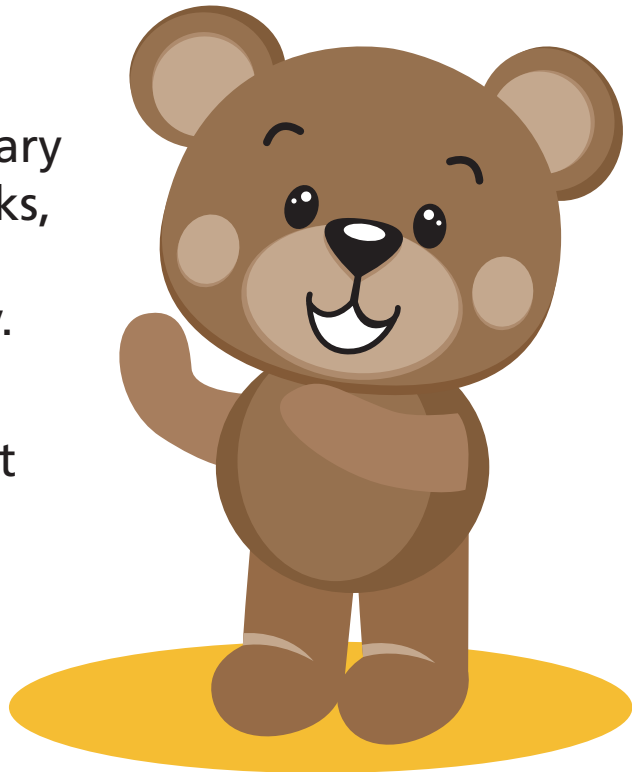
“look mummy, I’ve got happy teeth!”



The End!

Tom Bears Top Tips For Happy Teeth!

- Brush teeth last thing at night and at least one other time in the day.
- Use a pea sized amount of fluoride toothpaste. (A smear of toothpaste for under 3's)
- Spit out the toothpaste after brushing. (Do not rinse)
- Limit the amount of sugary foods and drinks, keep them to mealtimes only.
- Visit the dentist regularly.



This story booklet was produced by:

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