



My Dental Pals

I know lots of people who can help me keep my teeth healthy.
They are my dental pals.



My most important dental
pal is **ME!**

My mom is
my dental pal
when she helps
me brush every
day.



My dad is my
dental pal when
he feeds me
healthy food.

My big sister is my dental pal when she helps me with my bike helmet.



My teacher is my dental pal when she gives me milk to drink.

My baby-sitter is my dental pal when she watches so I don't bump my teeth.



My grandpa is my dental pal when he doesn't push too high.



The dentist is my dental pal when he checks my teeth for cavities.



The dental hygienist is my dental pal when she makes my teeth shiny and white.



Can you find other dental pals?

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