

Hilda conquers her fear of the dentist





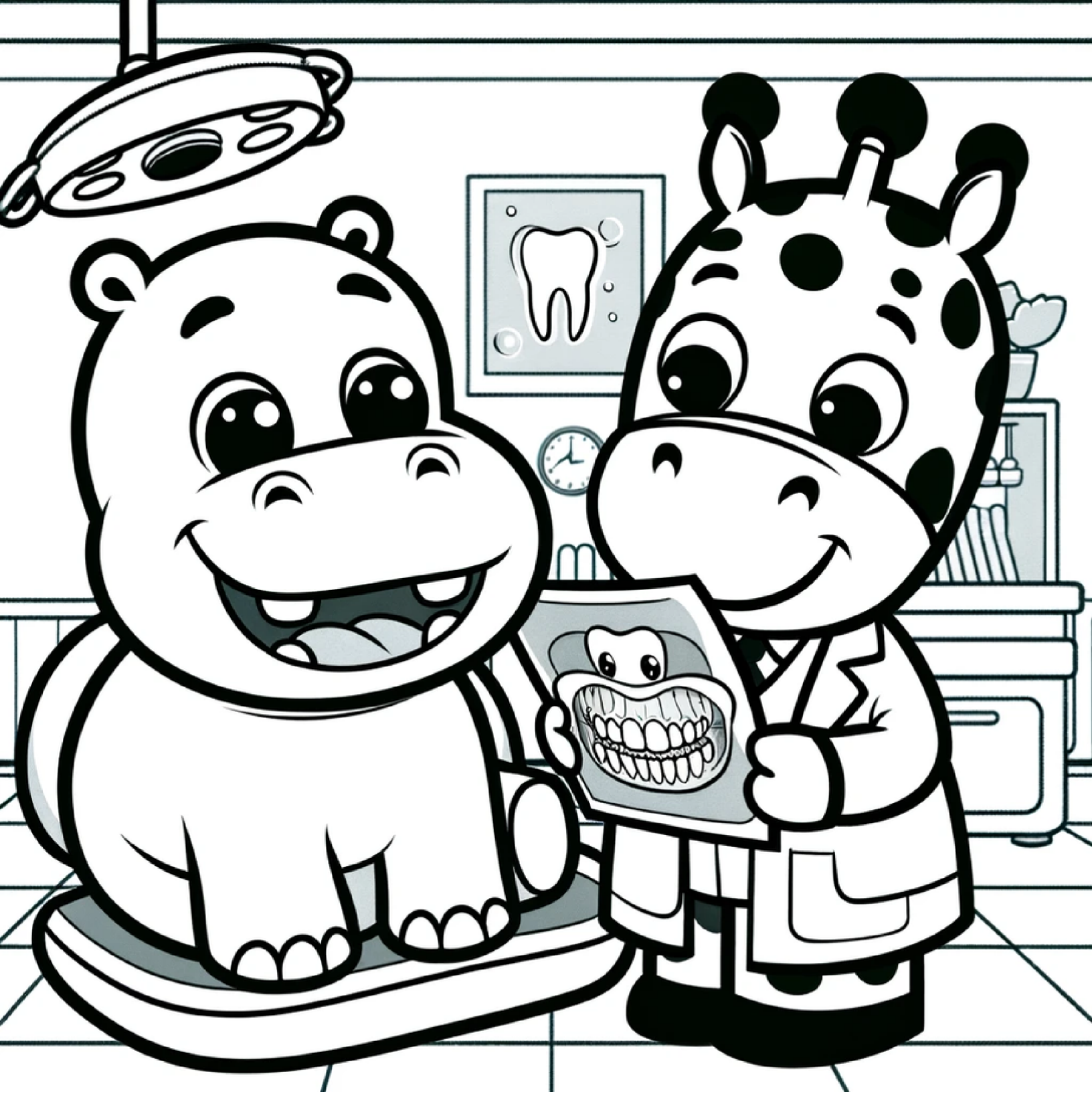
Hilda the Hippo is nervous for her visit to Corbin Cove to see the Dentist. She doesn't know what to expect.



In the waiting room, Hilda sees colorful posters of happy animals with bright smiles. She starts to feel a bit curious about what the dentist's office is like.



Hilda meets Dr. Molar, the friendly dentist, who welcomes her with a warm smile. Dr. Molar's office is filled with fascinating dental tools and toys.



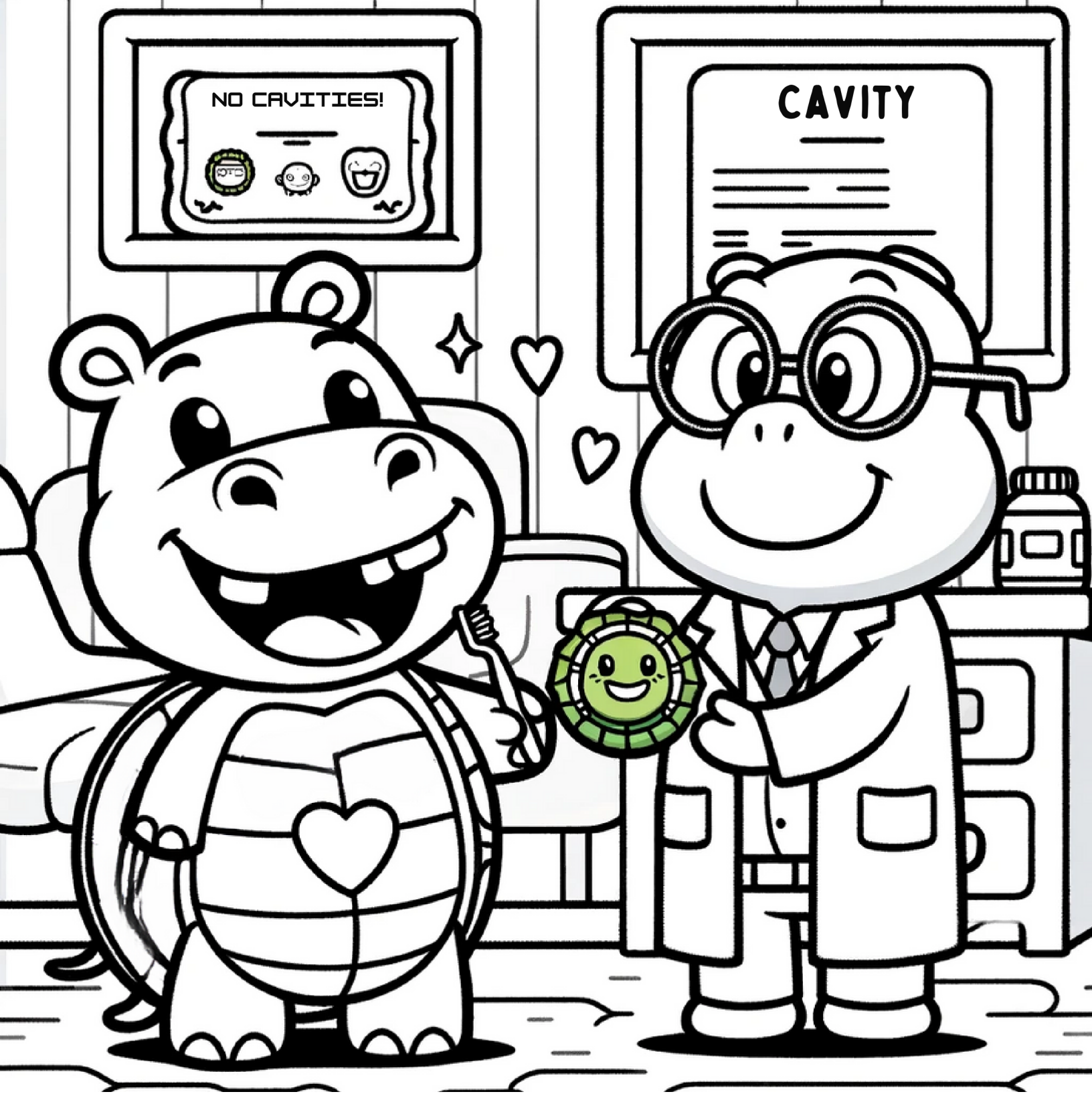
Nurse Molar praises Hilda for her excellent dental hygiene and shows her what her smile looks like after an x-ray.



Nurse flossy helps teach Hilda what foods, like fruits and vegetables, are good to eat to help with dental hygiene



Dr. Incisor tells Hilda a funny story, while picking out a new toothbrush, making her laugh. Hilda realizes that the dentist isn't scary at all.



After the visit, Hilda receives a sticker and a new toothbrush. She leaves the office feeling proud and no longer afraid of the dentist.



EBCI TRIBAL OPTION

**February is National Child Dental Health Month!
Here are 5 fun ways to Eat Well, Play, Well and
Stay Well to celebrate!**

1

Sugar Bug Invaders: Encourage children to think of bacteria as "sugar bug invaders." This playful term can help kids understand that they need to brush and floss to protect their teeth from these little "invaders" that cause cavities.

2

Tooth Fairy Traditions: Many cultures around the world have their own unique traditions related to the Tooth Fairy or a similar concept. It can be fun to explore and share these diverse customs with children during this month.

3

Animal Dentists: Some animals have fascinating dental adaptations. For example, sharks continuously grow new teeth throughout their lives, and a beaver's teeth never stop growing, making them excellent at chewing wood. Sharing these animal dental facts can make learning about oral health more engaging for kids.

4

Smile Superheroes: Create a "Smile Superhero" character or mascot to make oral hygiene exciting. Teach kids that they can be Smile Superheroes by brushing, flossing, and eating healthy foods to protect their teeth and gums.

5

The Power of Fluoride: Explain to children how fluoride, a mineral found in toothpaste and tap water, can make their teeth stronger and more resistant to cavities. You can even perform a fun experiment with eggs to demonstrate the protective effect of fluoride on teeth.

For more health tips, visit EBCITRIBALOPTION.COM.