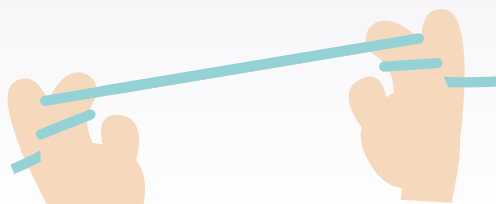
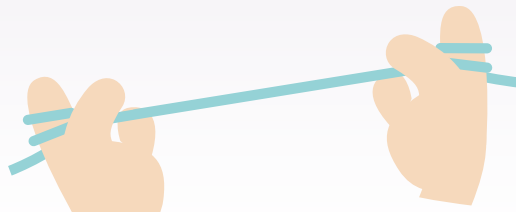


fantastic *flossing*

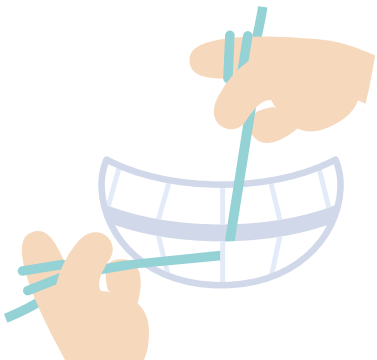
If you're flossing every day, you're doing great. Only half of Americans floss daily, and some never floss at all! Make sure you're part of the healthy half. Just follow these easy steps:



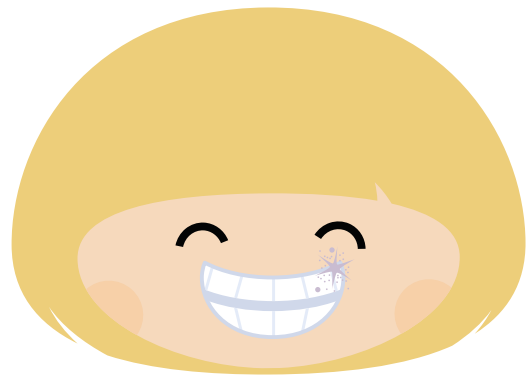
1 Use about 18 inches of floss. Wrap most of it around your index or middle finger and the rest around your other index or middle finger. As you floss, switch the used part to the opposite finger.



2 Hold the floss tightly between your thumbs and first fingers.



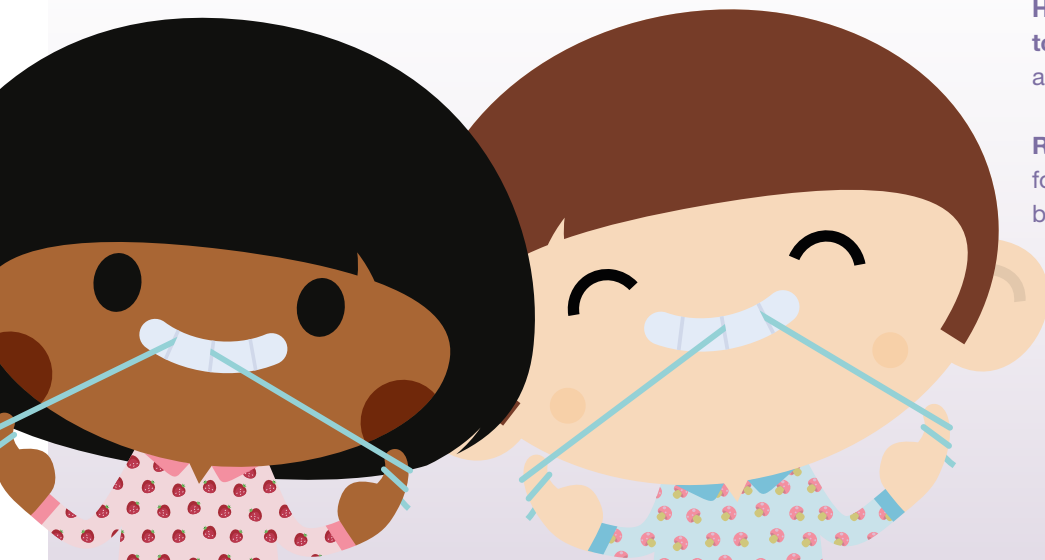
3 Gently guide the floss between your teeth. Rub it between your teeth. Don't snap it – that can hurt your gums!



4 When you get to the gum, curve the floss into a “C” shape against one tooth. Slide it gently into the space between the gum and the tooth.

Hold the floss tightly against the tooth. Gently rub it up and down against the side of the tooth.

Repeat for each tooth – and don't forget to give the backside of your back teeth some flossing love, too!



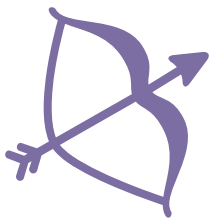
the secret life of dental floss

Floss is best used to get plaque and food out from between your teeth. But did you know it has a ton of other uses? Here are a few to try. Make sure you ask a grown-up if it's OK to use the floss before you start!



create string art.

Have a grown-up help you hammer some nails into a piece of wood, and then wind dental floss around the nails to make lines from nail to nail. You can spell out letters, make a pattern, or just create a random design!



make a tiny bow and arrow.

Soak a wooden craft stick in water for at least an hour to make it soft and bendable. Tie dental floss around one end of the stick, wrap it a few times, and then gently bend the stick into a curve. Tie the loose end of the dental floss around the other end of the stick to create a bow and tie the floss in a knot. You can use Q-tips for arrows!



replace a broken shoelace.

If the shoelace breaks on your favorite pair of shoes, but you don't want to wait until you get new laces to wear them again, dental floss will do.



slice pieces of cake.

Here's a fun one to try the next time you have a birthday party. Instead of using a knife to cut pieces of cake, use a long piece of unflavored (unless you really like mint!) dental floss to make perfect slices.



make a hair tie.

If you have long hair and happen to break or lose your ponytail holder, floss can fill in. It's strong enough to hold your hair back until you find a replacement!

