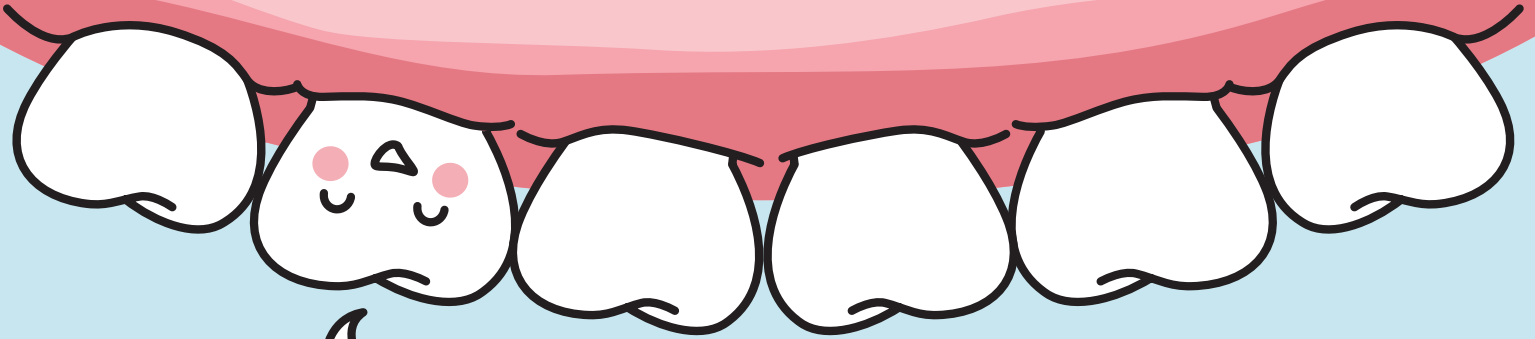


# DAY IN THE LIFE OF A TOOTH



*Hi! I'm Charlie Canine, and I'm a tooth. I spend my days hanging out in the mouth of a 10-year-old kid named Cooper. Between all of the eating, talking, smiling and brushing Cooper does, my days are pretty packed. Want to see what my day looks like? Check it out!*

7:00 A.M. My day starts when Cooper wakes up and yawns. Ugh, that's some pretty bad morning breath, buddy!

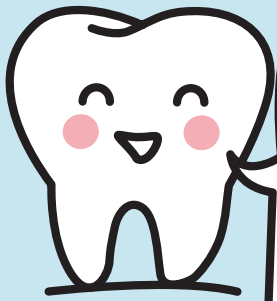
7:10 A.M. I help Cooper eat scrambled eggs for breakfast, but sometimes he eats wheat toast and fruit. Whatever it is, he always washes it down with a glass of milk. That's awesome, because milk has lots of calcium, which makes me stronger and healthier.

7:30 A.M. Cooper brushes me and all of his teeth after he eats, which is pretty smart - it means all of the food pieces from breakfast get washed away instead of sticking around all day.

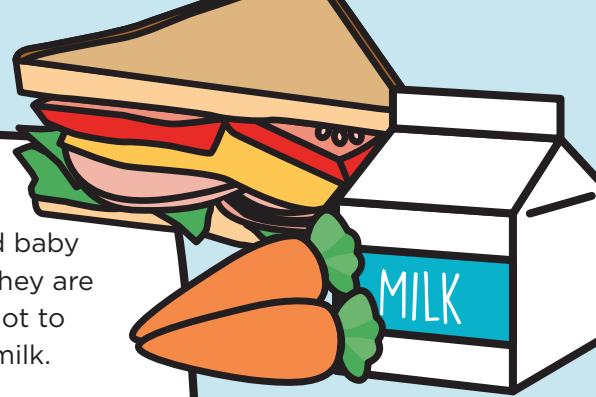


10:00 A.M. While Cooper's busy at school, I chat with my pal, Molly Molar. She's been feeling a bit wiggly lately and can't wait to meet the Tooth Fairy! I hear the Tooth Fairy is a big fan of healthy teeth, so she and Molly are going to get along really well.

*I'm feeling wiggly today!*



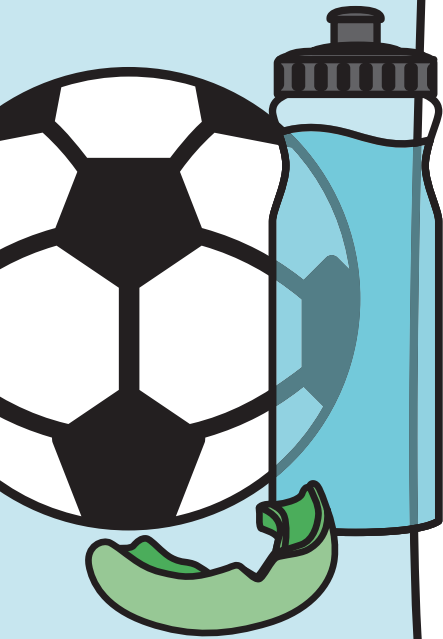
12:00 P.M. Lunchtime! Cooper's mom packed baby carrots to go with his sandwich. They are so good and crunchy. And I also got to enjoy some more milk. I just love milk.



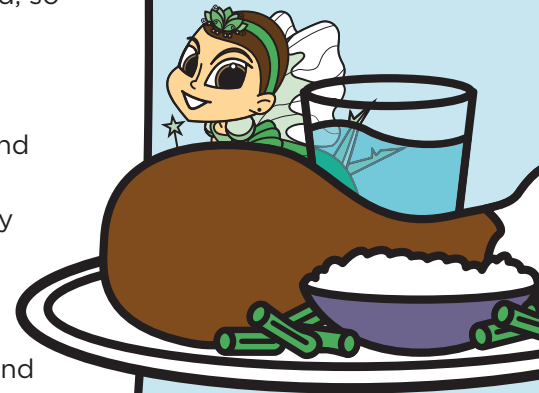
12:15 P.M. Cooper's friend Max gives him some gummy worms for dessert. Now little bits of sticky candy are going to be stuck to us until Cooper brushes his teeth again. Gross! And, if that sugary stuff hangs out too long on me, it can cause cavities. Not good.



3:30 P.M. School's out and we're headed to soccer practice! Cooper fills a bottle with tap water so he won't get thirsty. Before we hit the field, Cooper grabs his mouthguard, so I know we will be protected. Whew!



6:30 P.M. Yum, dinnertime. Cooper's dad makes chicken and green beans for protein and fiber. Cooper has a scoop of cottage cheese for calcium, too. Lots of healthy stuff that's good for me - and a glass of tap water that is so refreshing.



8:00 P.M. Ahhh. After two minutes of brushing and a good flossing, my friends and I feel nice and clean. It's my favorite part of the whole day! Now we'll head to bed to get ready to do it again tomorrow.

*So, that's what a day in the life of a tooth looks like! What does a day in the life of your teeth look like?*

