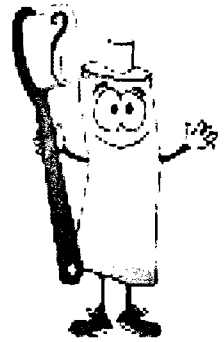


Tammy the Tooth

Tooth - make strong arms
Brush - jump up and down
Plaque - "yuck!"
Snacks - pat your tummy "yum yum"
Wiggly - wiggle all over
Smile - Make a big smile with hands at mouth



Once upon a time there was a TOOTH named Tammy. Tammy was a strong TOOTH, even though she was only 6 years old. She helped her other TOOTH friends to chew food and to make the most beautiful SMILE in the whole wide world! Tammy loved being a TOOTH! Her most favourite time of day was first thing in the morning. Do you know why? That was the time of day that Tammy would get BRUSHED. Up and down, up and down, each TOOTH would get BRUSHED until it shone! BRUSHING would get rid of all of the PLAQUE that snuck on the TOOTH while Tammy was sleeping. PLAQUE was Tammy's enemy! It would stick on the strong part of each TOOTH and put little holes in it called cavities. When we BRUSH our TEETH, we help BRUSH the PLAQUE away. So Tammy did all of the right things that a TOOTH should do. She made sure she BRUSHED every morning and night, she ate all of the right SNACKS like vegetables and nuts, and flossed until the spaces between each TOOTH was nice and clean. Good for Tammy! One day, though, Tammy started feeling a little WIGGLY and jiggly. When she ate her SNACKS, she felt even more WIGGLY and jiggly, and when she was BRUSHED that night, she felt so WIGGLY and jiggly that she fell right out! Oh my! Tammy looked way up and was very surprised at what she saw. In her spot, was peeking a brand new TOOTH! A bigger TOOTH! Tammy felt very proud. Her job was done. She had saved the spot in the mouth for a permanent, grown up TOOTH to come in and be a part of the big beautiful SMILE!