Color by Number to Celebrate Dental Health Month!

1 - Red 2 - Blue 3 - Green 4 - Pink

Simple ways to make your child feel special

FEBRUARY

Ask your child to color this page!
FEBRUARY ACTIVITIES

Read to Me


Help your child find things that start with the first letter of their name.

Make a list of the people you love together. Talk about why you love each of them.

Count with Me

Count to 60 while your child brushes his or her teeth. Ask your child to count to 60 while you brush your teeth.

Ask your child how many teeth he/she has. Ask your child how many teeth you have. Ask, “Who has more?”

Cut hearts out of paper together. Write one reason why your child is special on each heart. Have your child count the hearts.

Talk to Me

Give your child two choices for a fun Friday activity. Let him or her choose and plan the activity. Two examples could be a pajama movie night or family obstacle course.

Make a Valentine together for someone of your child’s choice.

Talk about positive solutions to conflicts. Ask your child what she/he would do if someone took a toy from her/him. Model words like, “I am sad you took my toy. Can we play with it together?”

THIS MONTH’S BOOKLIST

The Tooth Book by Theo LeSieg
I Like Myself! by Karen Beaumont
Going to the Dentist by Anne Civardi
I’m Like You, You’re Like Me by Cindy Gainer
The I LOVE YOU Book by Todd Parr

THIS MONTH’S PAGE TURNER BOOK:

First Time Dentist by Child’s Play

Thank You to ... PNC Grow Up Great