

# The Gift of a Healthy Smile

Tooth-friendly gift ideas for friends and family




This holiday season, don't let oral health go out the window. Check out these great gift ideas to keep your friends and family all winter long.

## Stocking stuffers

Instead of traditional stocking stuffers like candy, try these dentist-approved presents:

- Peppermint- or cinnamon-flavored floss
- Sugar-free gum or mints
- Chocolate-flavored fluoride toothpaste
- Bottle opener
- Pocket scissors
- Green tea



For more gift ideas, turn the page



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## Toothbrush fun

Today's toothbrushes have something to offer everyone on your gift list:

- **The minimalist:** A basic toothbrush and floss can be a welcome gift for anyone who's on a budget or living in cramped quarters.
- **The frequent traveler:** Got someone on your list who's always on the go? A toothbrush and several pocket-sized tubes of toothpaste in a decorative travel case can go a long way.
- **The rock star:** Would your little one rather blast music than plaque from her teeth? New "singing" electric toothbrushes help make brushing fun.
- **The gadget lover:** New electric toothbrushes include a range of high-tech features — from sonic vibrations to brush-tracking software.
- **Children (and kids at heart):** Know someone with a favorite cartoon or superhero? Try a novelty toothbrush for a personalized present.



Whichever brush you choose, remember to opt for one with soft, rounded bristles to avoid damaging gums.

