

# R.B.'s Activity Book

Fun Ways To Learn Healthy Habits!



## Parents/Caregivers:

These activities and puzzles offer lots of opportunities to talk to your child about important issues like staying healthy and being safe. Take a look!

# Dear Parent/Caregiver,

The **National Association of Pediatric Nurse Practitioners (NAPNAP)** and our nearly 7,000 pediatric nurse practitioners are dedicated to helping parents understand and meet the changing health needs of their growing children. We are proud to play a part in providing you with an educational program and activity book that gives your child helpful information on issues related to his or her own health care and safety.

The activities focus on a variety of health and safety issues that are important to children today. Aimed at 6 – 9 year olds, the program allows children to engage in fun activities as they learn about various health and safety topics. We are pleased to incorporate content relevant to NAPNAP's two major programs: our **Healthy Eating and Activity Together (HEAT<sup>SM</sup>)** Initiative and our **Keep yourself/your kids Safe and Secure (KySS<sup>SM</sup>)** Program. The activities tie directly to our programs with content that explores areas related to hygiene, nutrition, exercise, and personal safety.

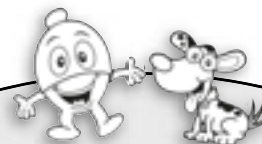


**NAPNAP** and the **LYSOL® Products Brand Team** share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly recommend it as a valuable resource for children.

We hope both you and your child enjoy working on the activities as you help him or her learn about important health and safety issues.

Sincerely,

Jo Ann Serota, MSN, RN, CPNP  
President, NAPNAP



## Parent/Caregiver —

Check out **R.B.'s Healthy Activity Award** inside the back cover of this book. It's a perfect reminder to cut out and post on your child's bedroom wall!

NAPNAP would like to acknowledge the following pediatric healthcare professionals who have contributed to this program.

### NAPNAP Member Review Board:

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Tom Bach



The information in this activity book is a supplement to – not a substitute for – the care provided by a pediatric nurse practitioner, physician, or other healthcare professional.

All activities are also available online at [www.lysol.com](http://www.lysol.com)

# **R.B.'s Activity Book**

## **It's yours, too!**

*Welcome to R.B.'s Activity Book –  
the fun way to learn about health!*

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Inside you'll find lots of puzzles, activities and brain-teasers. They're fun to do – and they have important information for you to discover and share with your family, too.



### **Meet R.B.**

*He's learning all about the things he can do to have fun, be safe and be healthy. He wants to share what he's learning with you! Watch for him throughout your Activity Book.*

### **This is Scrubs.**

*He's traveling and learning with R.B. throughout the book – and has a few tips of his own to share!*



R.B. and Scrubs are ready to take you on your journey. So grab your pencil or crayon . . . get ready . . . and have fun!

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**This book belongs to:**

---

**Today's Date:**

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**R.B. Wants You to Know!**



## **Keep Smiling!**

Taking care of your teeth is easy. Here are some simple ways to keep your smile bright so you can share it with others!



### **Top Tooth Tips:**

- Brush at least twice a day.
- Floss every day.
- Visit the dentist regularly.
- Fight plaque by limiting the number of times you eat snacks.

**Tip:** Try to choose healthy snacks like fruits, vegetables and yogurt!



### **R.B. says, "Be Sure To Brush . . ."**

- Top
- Bottom
- Inside
- Outside

And don't forget  
your tongue!



**Have FUN!**





# "Share Your Smile" Seek-and-Find



Circle the 13 things hidden in the picture.

Put a star ★ by the ones that remind you about having a healthy smile.

## Find:

apple  
bedtime moon  
crayon  
dental floss  
dentist  
fish hook  
morning sun  
padlock  
smile  
soda can  
star  
toothbrush  
toothpaste



Answer on page 10



## Parent Tip

Have your child describe how each of the circled items play a role in healthy teeth and gums. Remind them: "Your smile is something you can give to everyone you know!"

These tips from R.B. will keep you smiling

- Brush after breakfast
- Brush before bedtime
- Brush every tooth, inside and out
- Don't forget your tongue!
- Visit your dentist regularly





# Toothy Teaser



Keep smiling as you test your skill with this mind-teaser.

Place these toothbrushing words in the puzzle where they fit. One word is filled in to get you started! Each word fits in only one place. Count the spaces to make sure each word fits – and use each word only once.

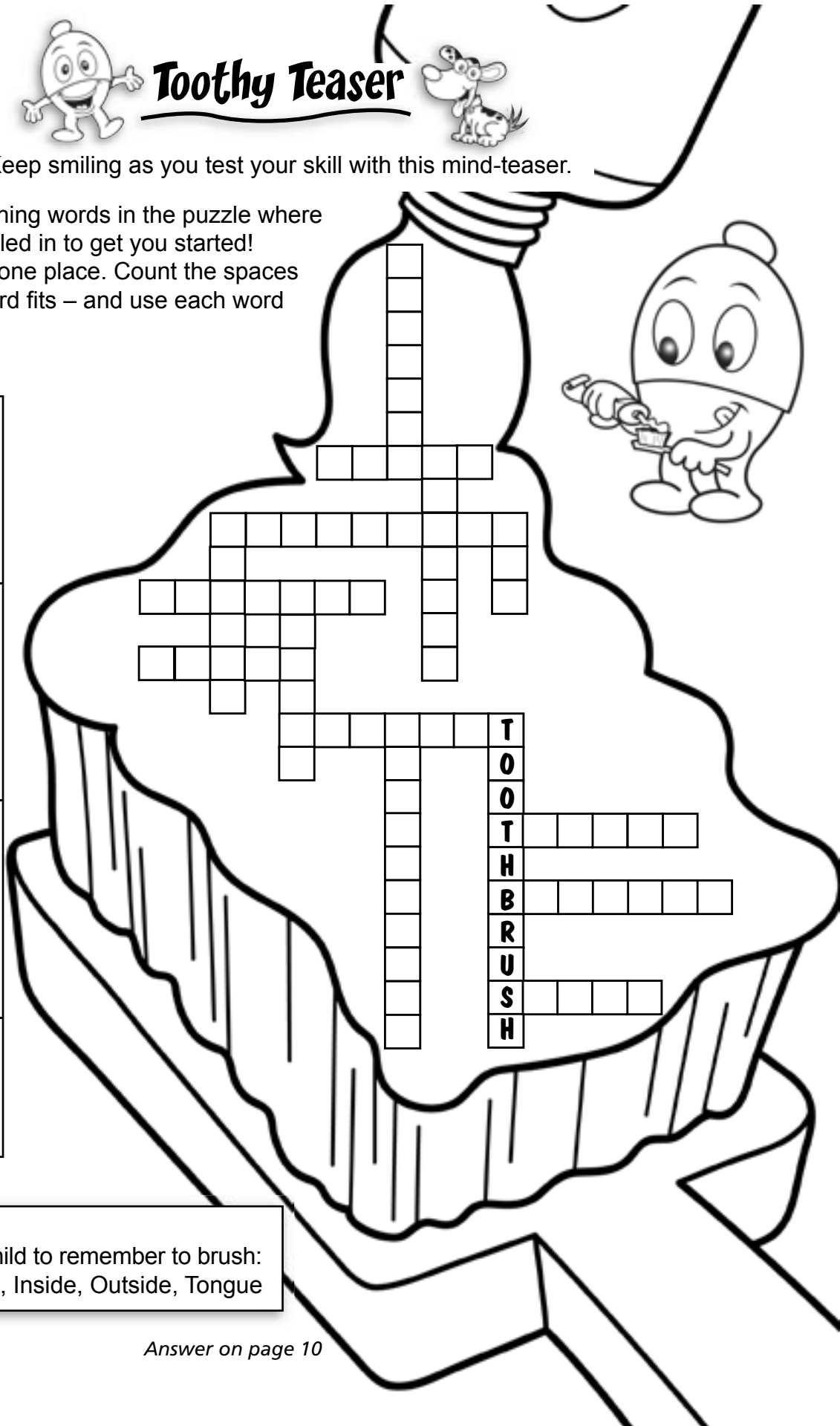


When to Brush	
Word	Number of Letters
Morning	7
Night	5
Breakfast	9
Bedtime	7

Where to Brush	
Word	Number of Letters
Top	3
Bottom	6
Inside	6
Outside	7
Tongue	6

Tools for a Healthy Smile	
Word	Number of Letters
Toothbrush	10
Floss	5
Toothpaste	10
Dentist	7

Why to Brush	
Word	Number of Letters
Smile	5
Healthy	7



## Parent Tip

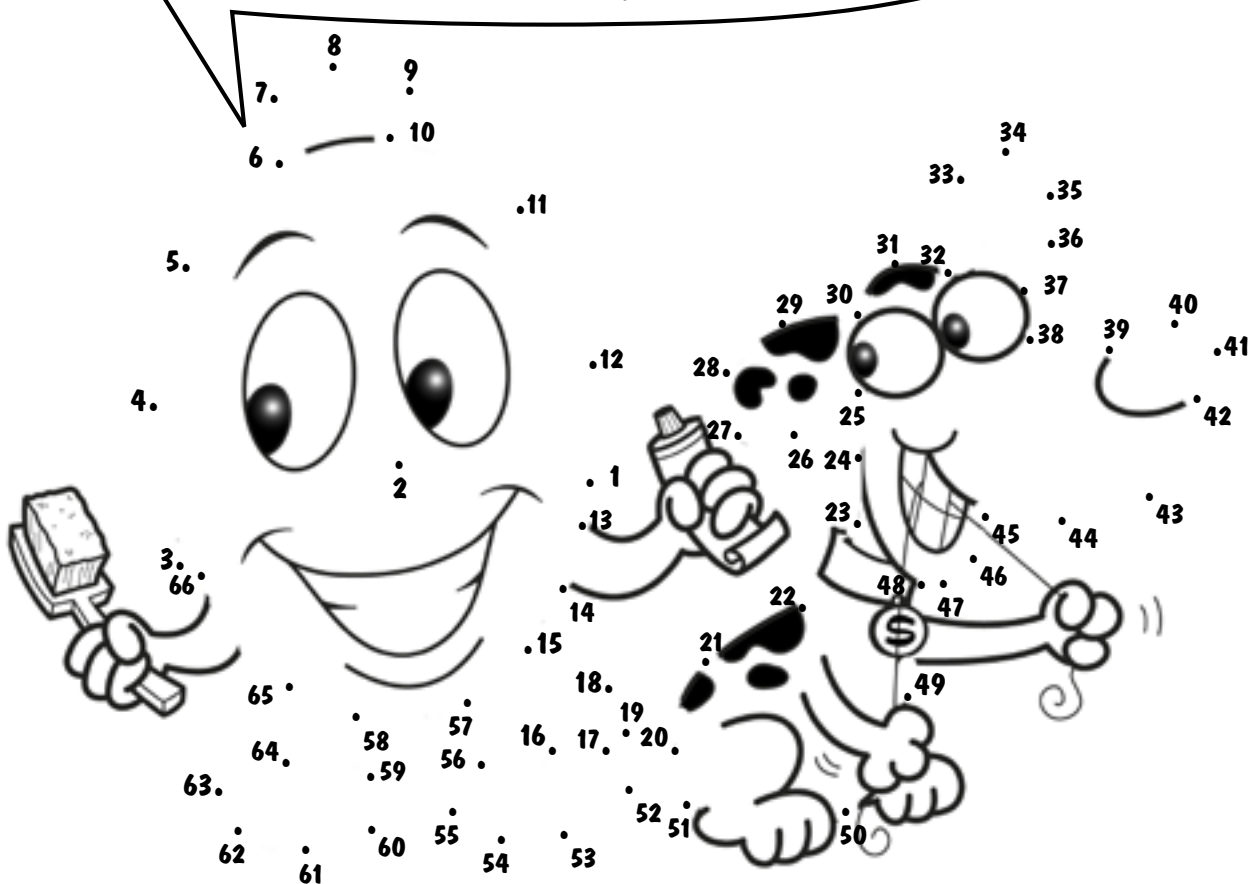
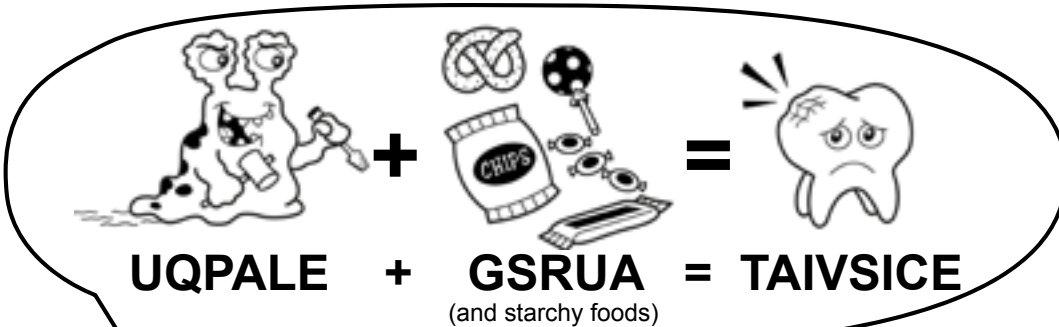
Help your child to remember to brush:  
Top, Bottom, Inside, Outside, Tongue



# Look Who's Smiling . . .



Follow the numbered dots to see who is telling you a very important message.  
Unscramble the letters and you will find out what the message is!



**P** \_ \_ \_ **Q** \_ \_ \_ **+** \_ \_ \_ **G** \_ **R** = \_ \_ \_ **V** \_ \_ \_ **I** \_ **S**

Answer on page 10



## Parent Tip

Plaque reacts with food to make acid every time you eat. Each "acid attack" lasts for 20 minutes . . . and these acid attacks can cause cavities. Remind your child to limit the number of times they eat snacks each day.



# My Healthy

## My Healthy Smile

## My Safety Choices

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:

Date

To keep my smile healthy, I:



Brushed for  
2 minutes

☐

Brushed for  
2 minutes

☐

☐ I made these good safety choices:



# Happy Journal



Name \_\_\_\_\_

## My Healthy Food Choices

## I Got Moving!

## I Washed My Hands

☐ I ate these healthy foods:

☐ I did these activities today:

☐ I washed before:

☐ I washed after:

☐ I ate these healthy foods:

☐ I did these activities today:

☐ I washed before:

☐ I washed after:

☐ I ate these healthy foods:

☐ I did these activities today:

☐ I washed before:

☐ I washed after:

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☐ I did these activities today:

☐ I washed before:

☐ I washed after:

# Answer Page

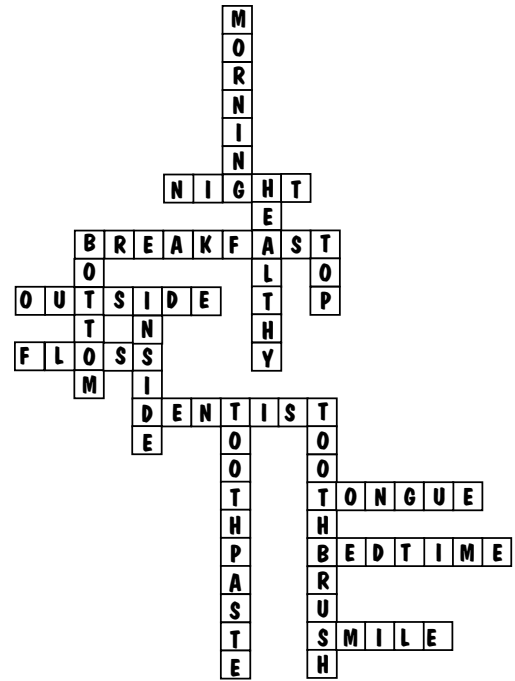
## Page 5: "Share Your Smile" Seek-and-Find

### Find:

- apple ★
- bedtime moon ★
- crayon
- dental floss ★
- dentist ★
- fish hook
- morning sun ★
- padlock
- smile ★
- soda can
- star
- toothbrush ★
- toothpaste ★



## Page 6: Toothy Teaser



## Page 7: Look Who's Smiling . . .



PLAQUE + SUGAR = CAVITIES



# R.B.'s Healthy Activity Award



***This is to certify that***

(insert name)

***has learned all about staying healthy and safe.***

- By completing R.B.'s Activity Book, now you know how to:
- Make good food choices and be active for a healthy body
  - Take care of your teeth to keep your smile healthy and bright
  - Wash your hands in the right way and at the right times
  - Make safe choices every day



**Congratulations  
— and thanks for  
sharing my  
Activity Book!**



**Keep up the  
good work!**



***R.B.'s Activity Book* is proud to support the following national health initiatives for children:**

