

Here's the Spin on the McGrinn Twins

Although Flossy and Buck are twins, they have different interests. Flossy loves math and science, and has all the answers. Buck is big on adventures and sports. They're as different as twins can be but they agree on one thing: the importance of good dental habits!

Buck carries around a toothbrush that can substitute for pieces of sports equipment: baseball bat, hockey stick, or even a balance pole as he rides a unicycle. Flossy never goes anywhere without her dental floss backpack, which holds science projects and healthy snacks. The dental floss can even double as a lasso!

Flossy and Buck brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day.

The twins eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty.

Sometimes, Flossy helps Buck with his homework or Buck coaches Flossy when she wants to take part in sports. They work as a team! Your toothbrush, toothpaste and floss work as a team, too.

