



Chew Safe, Stay Happy

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Sometimes, little Leo felt a funny tingle in his mouth. He'd find himself wondering, "What could I chew on right now?" It was a feeling that made him want to munch and crunch.



Leo discovered that chewing really helped him feel super calm and happy. It was like a little secret trick to make his wiggles go away. A gentle chew made everything feel peaceful.



Good news! Leo could chew on yummy, healthy food because food is safe and good for him. He loved munching on crunchy apple slices and crisp carrot sticks. These treats made his tummy and his mouth happy!



Leo also had a special chewy, just for him! This amazing little toy was made perfectly for chewing, so it was always safe. It had a big, friendly smile, ready for any chewing adventure.



But wait! Leo learned that he should never, ever chew on things that aren't food or his special chewy. Lots of other things might look fun to chew, but they are not good choices. These things could be tricky and unsafe.



If Leo chewed on things like dirty toys or leaves from outside, they could have invisible, yucky germs. These tiny germs could make him feel very sick and give him a tummy ache. We don't want any germy surprises!



Some unsafe things are too small or too hard, and if Leo chewed on them, he might accidentally choke. Choking means something gets stuck, and that's very scary! If something ever got stuck, he would need help right away from a grown-up.



There are some things that are super dangerous to chew, like wires, phone chargers, or anything plugged into the wall. These things can give a big, painful electric shock! It's important to keep mouths far away from them.



Chewing on hard, unsafe things can even hurt Leo's strong, white teeth, making them cracked and sad. It could also break his toys and other belongings, which would make them sad too! We want to keep teeth and toys happy.



So, Leo learned a great rule: he will only chew food or his special chewies. If he ever feels like he needs something to chew, he knows to ask an adult. They will help him find a safe and happy chewy!