

Superhero Smiles

Dedication: Written with admiration for all the craniofacial affected individuals, who are my unsung heroes.

(To come: Note to reader about craniofacial conditions and different types of smiles)

Have you ever noticed when someone smiles at you, it's hard not to smile back?

Sharing a smile can brighten your day and make someone feel good. Smiling at a friend who's sad might help them feel better faster than anything else possibly could. Smiling on the outside makes your insides smile too. Smile every chance you get, it will help you feel amazing and cure your blues.

Try skipping without smiling. It's kinda hard, don't you think? Some people don't like to smile, instead they just wink. Some people don't like their teeth, so they try not to show them by hiding their smile. We say give it a try, smile, and be brave for just a little while. Everyone has their own special smile to share. Go on and simply smile, if you dare. Turn the page and discover the wonderful world of smiles, we promise there will be no grimaces, sneers or Elvis snarls.

Some smiles are big and some are small. Some show no teeth, and some show them all.

Some smiles have scars from a boo boo or cut. Some babies are born with a cleft lip and palate that the doctor carefully stitches up.

Some smiles are wide that show all their braces. Some like to smirk and make silly faces.

Some smiles are crooked and sideways and such. Some simply just grin to show they are touched.

Animals smile all different ways. They like to act silly like you and me when we play.

Some grandparents and babies smile showing just their gums. Some smile to themselves while chanting yoga om's.

A jaw dropping smile brings energy to a room. This may mean laughing might happen incredibly soon!

The lopsided smile can be warm and fuzzy. It's ok once in a while to force a smile if you need the money.

A genuine smile is best, better than all the rest!

Whatever kind of smile you have, crooked or straight, smile as much as you can, it will simply be great. Take care of that one of a kind smile, and go the extra mile. Don't forget to floss, brush, eat smart and exercise. Healthy smiles gleam and twinkle in the eyes. Smiles are infectious & contagious to others. Almost everyone smiles once in a while, even little brothers. Watch out, you too might share a smile, just remember to deliver it simply with style.

©Jeni Donatelli Ihm