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YOUTH HEALTH BULLETIN

Reprinted by:
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HEALTHY TEETH

Wally Cat wants you to have strong, healthy teeth! Your teeth are the white, hard parts in your month. You use them to bite and chew food. If you open your mouth and look in the mirror you will see teeth that look different. Each tooth has a different purpose. The pink or brown part around your teeth are your gums. It is important to take care of your teeth because they help you to chew, speak, and smile! Wally Cat always wants you to smile!

How can I take care of my teeth and gums?

- Brush your teeth at least two times a day
- The most important time to brush your teeth is right before bed
- Use floss to clean between your teeth
- Eat foods that are good for you and your teeth, such as whole grains and fruits and vegetables
- Limit food with lots of sugar

Continued on the back →



Did you know? Dental floss cleans places your toothbrush cannot reach!

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How do you use a toothbrush?

- Hold the handle, wet the bristles, and place a pea sized amount of toothpaste on the bristles
- Brush all three sides of your teeth:
 - The cheek side: closest to your cheek and lips
 - The tongue side: Closest to your tongue
 - The chewing side: The side that chews your food
- Brush your teeth when you wake up in the morning and when you go to bed at night
- Move the toothbrush in small circles
- Your toothpaste should foam
- Spit out your toothpaste into the sink when you are done brushing



See a dentist:

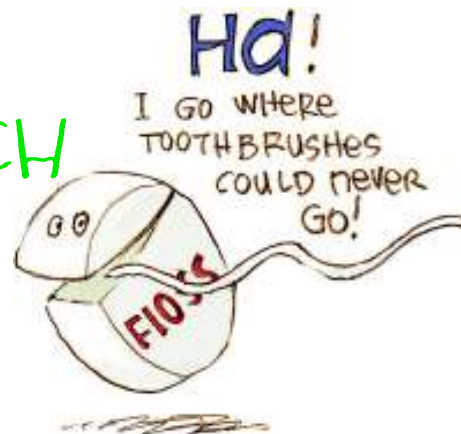
- every six months, even if your teeth do not hurt
- if you have pain in your month or your teeth
- if you break or hurt your teeth

Did you know?

- The best toothbrush bristles to use are the "soft" ones. It says soft right on the box
- A toothbrush with medium and hard bristles can hurt the teeth and gums
- You can get a cavity at any age!
- You should replace your toothbrush every three months and children may need to replace them even sooner. If the toothbrush bristles lose their shape, it is time to replace it
- Ask the dentist if you are not sure what kind of toothbrush is best

WORD SEARCH

Dentist
Gums
Floss
Teeth
Toothbrush
Toothpaste



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SOURCE:

Herman, A.D. & Mestman, S.S. (2009). What to Do For Health Teeth. La Habra: Institute for Healthcare Advancement.

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