

# Oral Health For Kids

UIDOH Oral Health Program  
B.S. Health Promotion Intern Kaylee Crossley



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## Let's Talk About Your Teeth!



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### Stand Up If You:

- Brushed your teeth last night
- Brushed your teeth this morning
- Ate any candy yesterday
- Floss your teeth
- Snack on treats like candy, cookies, and soda
- Drink milk or water instead of soda
- Have lost a tooth
- Haven't lost a tooth
- Eat healthy snacks such as fruit and vegetables
- Know how long you should brush your teeth
- Know what plaque is
- Know how many times you should brush each day
- Think taking care of your teeth is important

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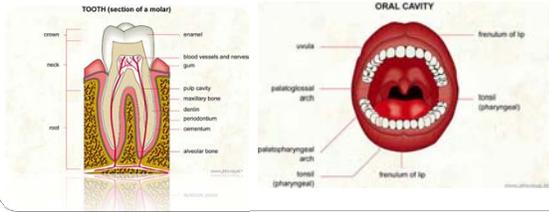
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## Your Mouth

- Your mouth and teeth help you to eat, talk, and smile
- It is important to keep them healthy and strong
- You can take care of your mouth and teeth



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## Baby Teeth

- Baby teeth are teeth that we have before we get adult teeth
- It is really important for us to keep our baby teeth until they are ready to come out on their own



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## Losing Teeth

- From ages 6 to 12, you will start to lose your baby teeth
- Your adult teeth replace your baby teeth



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### Who Likes to Brush Their Teeth?



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### Toothbrushes

- A toothbrush is a tool that helps you clean your teeth
- Use a kid-sized toothbrush that is soft



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### What kind of toothbrush should you get?



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### Fluoride Toothpaste

- Fluoride is a mineral that makes teeth stronger and protects against cavities
- You only need a small pea sized amount
- Don't swallow toothpaste, spit it out when finished
- Ask an adult if you need help with toothpaste



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### How much toothpaste should you use?

- A little
- A lot



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### When and How Long To Brush

- 2 minutes in the morning
- 2 minutes at night



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## How Should You Brush Your Teeth?

Time for a demonstration!



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## Floss

- Floss is a special kind of string that is used to clean out food and bacteria from between your teeth and gums



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## When Should You Floss?

- Once a day, after you brush your teeth at night



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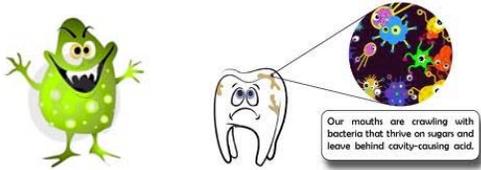
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### Plaque and Bacteria

- Plaque is a sticky substance that has a lot of germs
- Bacteria are the germs in plaque



[Bacteria and Plaque Video](#)

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### Gingivitis

- Your gums are the pink part by your teeth
- If you don't brush your gums, they can get red and swollen and can hurt



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### Cavities

- A cavity is a hole in your tooth
- It can hurt and needs to be fixed by a dentist
- Plaque causes cavities



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### Dentist and Hygienist

- A dentist is someone that looks at your teeth and mouth and can help you if you have a problem
- A dentist has special helpers called hygienists that clean your teeth



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### Going to the Dentist

- The dentist uses tools to look at your teeth to see if you have cavities
- The dentist can fix your cavities
- The hygienist will clean the plaque off your teeth



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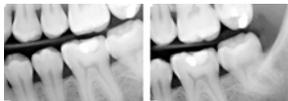
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### X-rays

- An x-ray is a picture of your teeth
- The dentist will have you wear a special apron when you get an x-ray



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### Keep Your Mouth Clean



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The food and drinks that we put into our bodies can help or hurt our teeth



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### Unhealthy Foods



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Eat a Lot of Different Foods



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100% Juice



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Water and Unflavored Milk



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What Fruits Do You Like?



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What Vegetables Do You Like?



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Let's Review!



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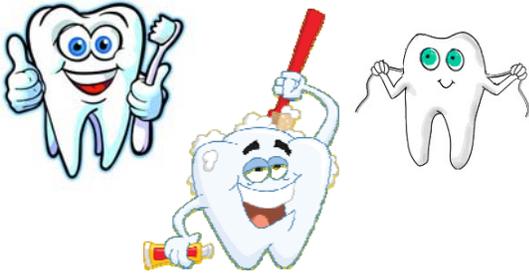
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Brush Your Teeth and Floss



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Go to the Dentist



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Eat Healthy Foods, Including Fruits and Vegetables



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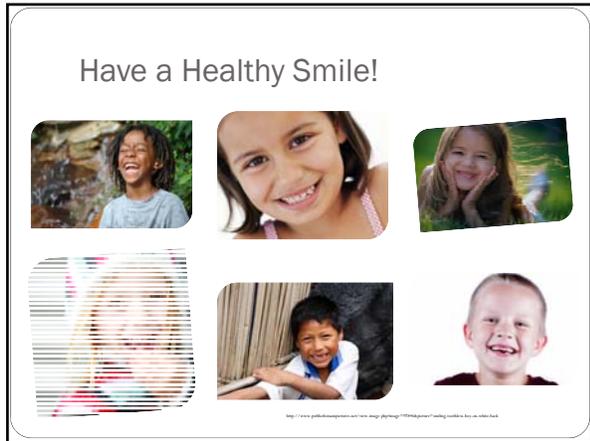
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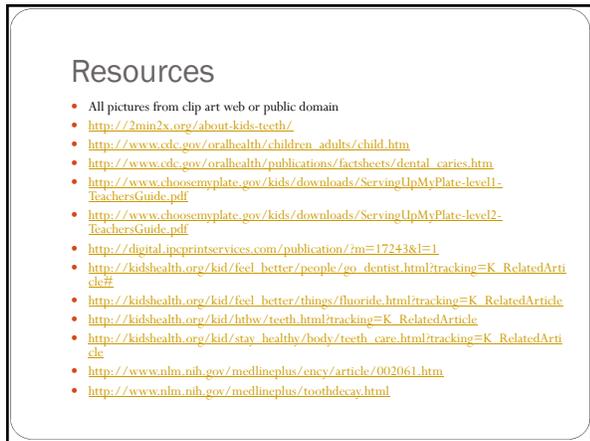
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