Oral Health For Kids

Let's Talk About Your Teeth!

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
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

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

Losing Teeth

- From ages 6 to 12, you will start to lose your baby teeth
- Your adult teeth replace your baby teeth
Who Likes to Brush Their Teeth?

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

What kind of toothbrush should you get?
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

How much toothpaste should you use?

- A little
- A lot

When and How Long To Brush

- 2 minutes in the morning
- 2 minutes at night
How Should You Brush Your Teeth?

Time for a demonstration!

Floss

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

When Should You Floss?

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

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

[Image: Bacteria and Plaque Video]

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

[Image: Healthy Gums Unhealthy Gums]

Cavities

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

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

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
Keep Your Mouth Clean

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

Unhealthy Foods
Eat a Lot of Different Foods

100% Juice

Water and Unflavored Milk
What Fruits Do You Like?

What Vegetables Do You Like?

Let's Review!
Brush Your Teeth and Floss

Go to the Dentist

Eat Healthy Foods, Including Fruits and Vegetables
Have a Healthy Smile!

Resources
- All pictures from clip art web or public domain.
- http://2min2x.org/about-kids-teeth/
- http://digital.ipcprintservices.com/publication/?m=17243&l=1