

WELCOME MR. HOU'S CLASS 2-337



????A FEW QUESTIONS WE WOULD LIKE TO ASK????

BY A SHOW OF HANDS...

Who here brushed your teeth this morning?

Who brushed them last night before bed?

Who brushes their tongue?

Who lost a baby tooth?

Who flosses?

Who has been to the dentist?



ARE YOU UP FOR  
THE CHALLENGE?



## TO DO LIST

- **Brush** teeth every morning and every night
- **Floss** every night  
Give people a reason to care.
- Use a **mouthrinse** every night
- Eat **healthy foods** that are good for my teeth and body

Now let us go through each

"To-do" on our list, one by

one

# WHY BRUSH MY TEETH TWICE A DAY?



## **TO DO LIST**

- **Brush teeth**  
every morning  
and every night

We want to *brush away the bad bacteria* and food in our mouth to avoid

**cavities, gum disease, bad breath, staining, and more!**

# WHY BRUSH MY TEETH TWICE A DAY?



## TO DO LIST

- **Brush** teeth every morning and every night
- **Floss** every night
- Use a **mouthrinse** every night
- Eat **healthy foods** that are good for my teeth and body

**A mouth full of cavities is not pretty or healthy!**  
**We want our adult teeth to have a clean disease free mouth to grow into!**

# OK, SO HOW DO I PROPERLY BRUSH MY TEETH?



## Tip

**Make small circles**

**when brushing with**

**light pressure**

\*Brush for 2 minutes in the morning and at night

\*Use a pea sized amount of toothpaste

\*Make small circular motion with light pressure

\*Brush your tongue every time you brush your teeth

\*Change toothbrush every 3 months

Your Teeth  
ain't gonna  
brush  
themselves

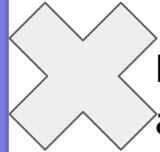




What's  
next?



## TO DO LIST



**Brush** teeth every morning  
and every night

→ **Floss** every night

→ Use a **mouthrinse** every night

→ Eat **healthy foods** that are  
good for my teeth and body



# WHY FLOSS MY TEETH ?

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**Flossing gets the bacteria and food stuck IN-BETWEEN our teeth. The toothbrush can not reach this area, especially with our adult teeth**

# HOW DO I PROPERLY FLOSS MY TEETH?



FLOSSING WILL TAKE TIME  
AND PRACTICE BUT STICK  
WITH IT!! WE **DON'T** WANT  
THE BACTERIA TO GROW AND  
EAT AT NIGHT BETWEEN OUR  
TEETH!





## TO DO LIST

**Brush** teeth every morning  
and every night

**Floss** every night

- Use a **mouthrinse** every night
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# WHY USE A MOUTH RINSE ?

**OUR TEETH ONLY MAKE UP 20% OF OUR MOUTH**

THE OTHER 80% IS OUR :

- GUMS
- TONGUE
- UNDER THE TONGUE
- ROOF OF THE MOUTH
- CHEEKS
- BACK OF THE THROAT



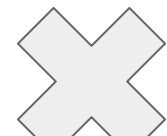


## Tip

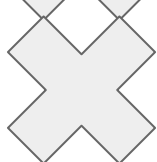
1. Never swallow the mouth rinse.
2. Do not eat or drink for 30 minutes after using a mouthrinse.
3. Only use 2 teaspoons or 10 ml, every night after brushing and flossing



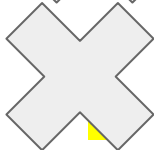
## TO DO LIST



**Brush** teeth every morning  
and every night



**Floss** every night

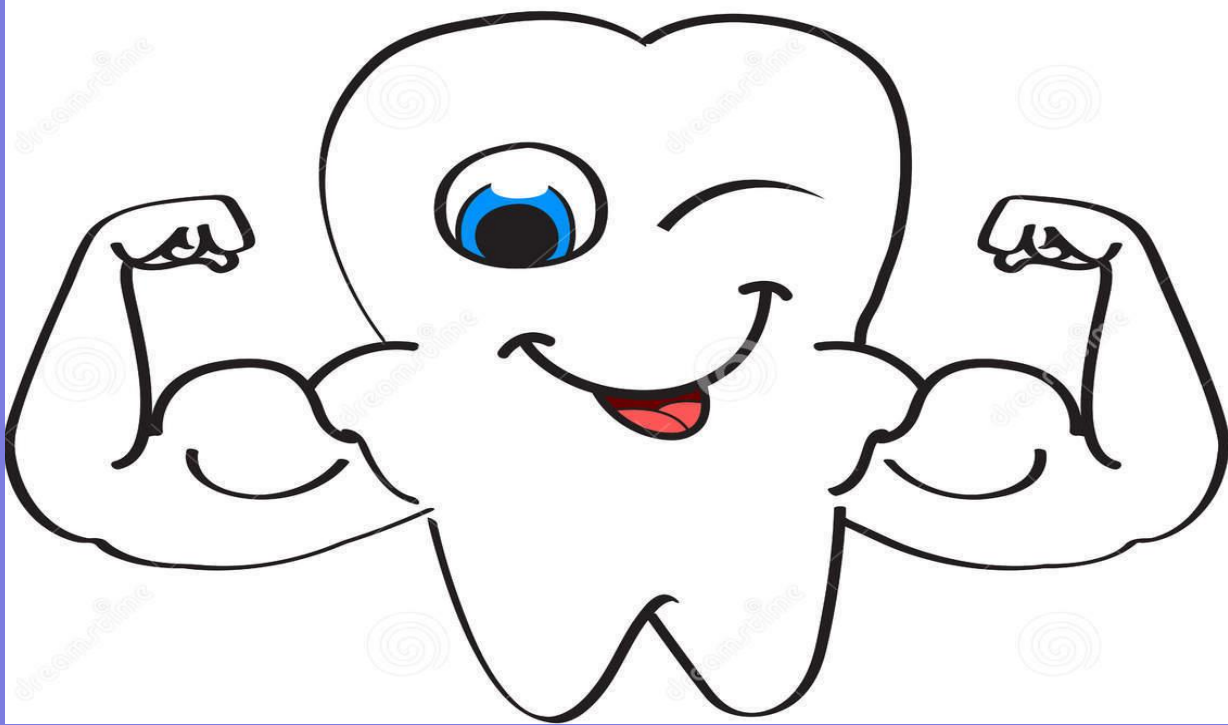


Use a **mouthrinse** every night

Eat **healthy foods** that are  
good for my teeth and body

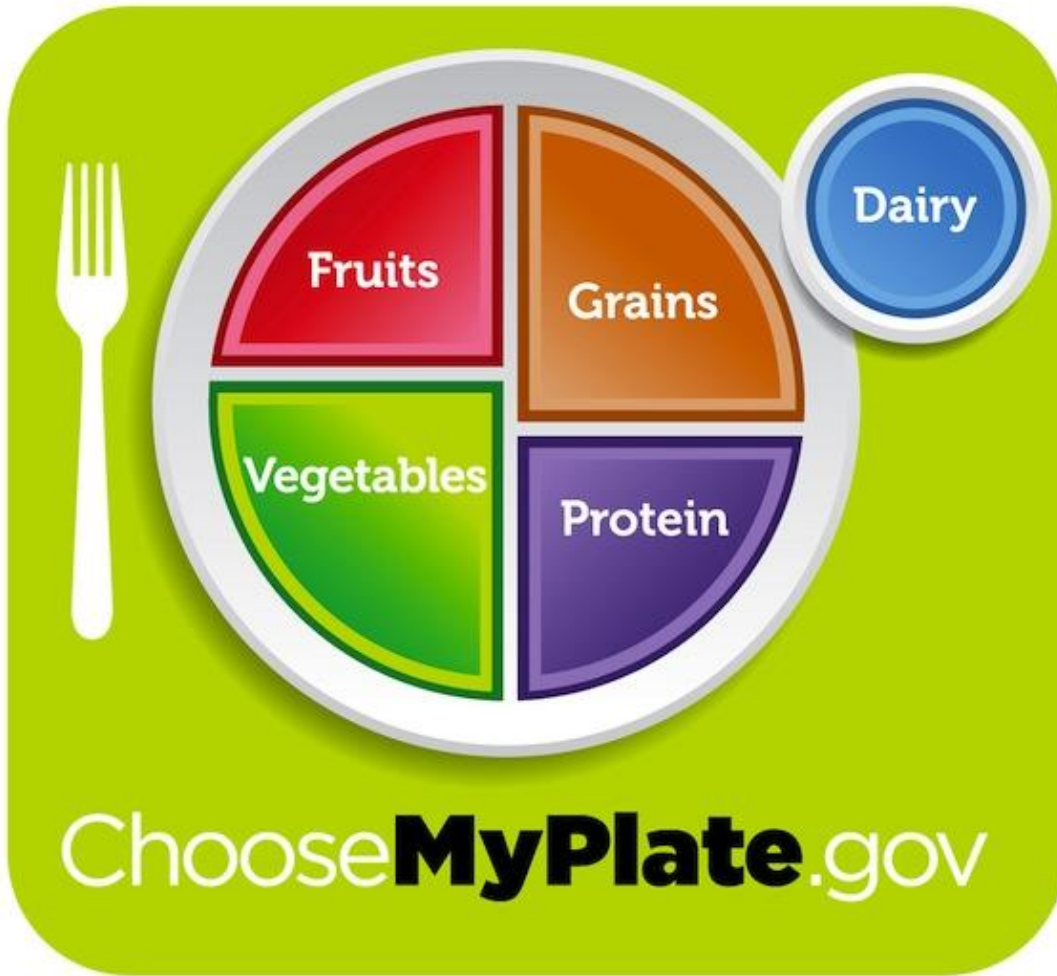
ALMOST  
DONE woo  
hoo!

THERE ARE CERTAIN FOODS THAT CAN HELP OUR



TEETH STAY STRONG





Tip

Snack less and when  
you do, avoid sugary  
snacks and drinks

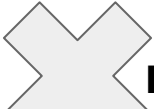


**vs.**





## TO DO LIST

 **Brush** teeth every morning  
and every night

 **Floss** every night

 Use a **mouthrinse** every night

 → Eat **healthy foods** that are  
good for my teeth and body

**CERTIFIED**



So now you think  
you are experts  
now?

NOW

**we will split into groups**

One group will practice brushing on your teeth models

One group will practice flossing on your teeth models

One group will group the foods as either good or bad for our  
teeth

One group will review questions from presentation

Every **5 minutes** we will rotate so everyone gets a chance  
to try it out

# GROUP TIME



Before we leave, we have goodie bags for everyone  
Now you can go home with the right tools to keep those  
pretty teeth and smiles.

**AND  
ALSO...**





Thank You  
Thank You  
Thank You!!!!