

**Your teeth are your good friends!
They grow with you when you take
good care of them!**



LETS TALK ABOUT HOW WE TAKE
CARE OF OUR TEETH !

How much time do **you**
spend brushing
your teeth?

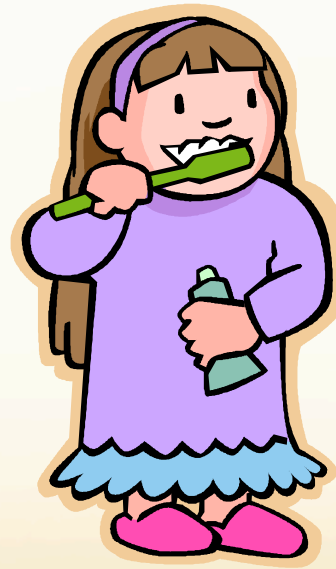


How long **should you** be brushing your teeth for?

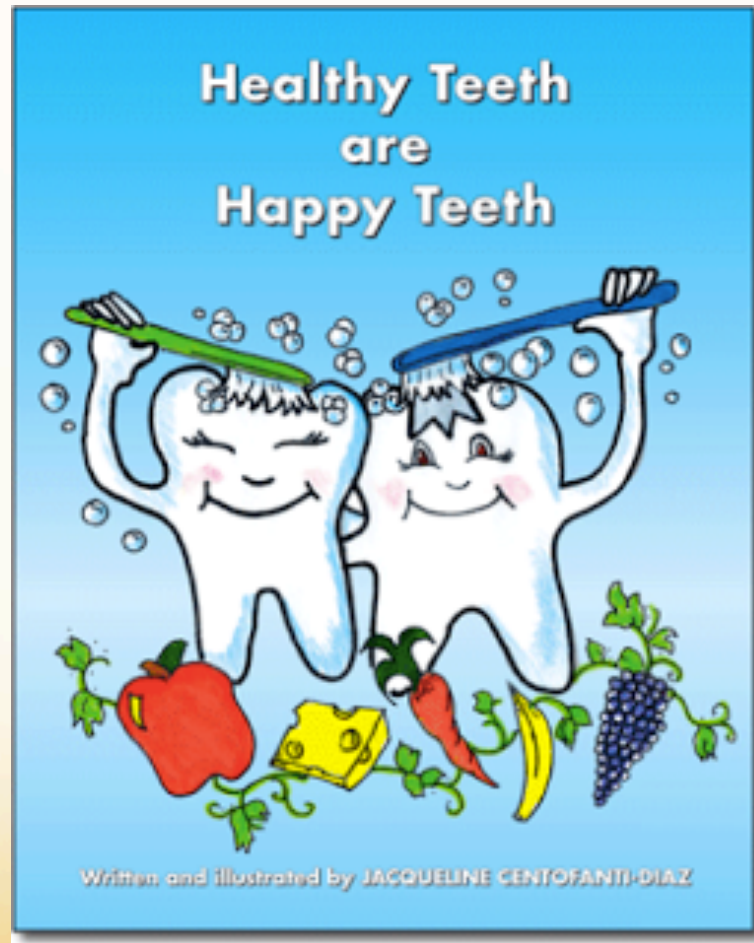
- A) 4 minutes
- B) 30 seconds
- C) 1 minute
- D) 2 minutes

For effective brushing,
studies show that you
should brush your teeth

**2 times a day for
2 MINUTES!**



Can you name some **EASY** ways to keep our teeth healthy?



BRUSHING



We **SHOULD**
brush our teeth:
2 times a day

For

2 minutes

When we

WAKE UP

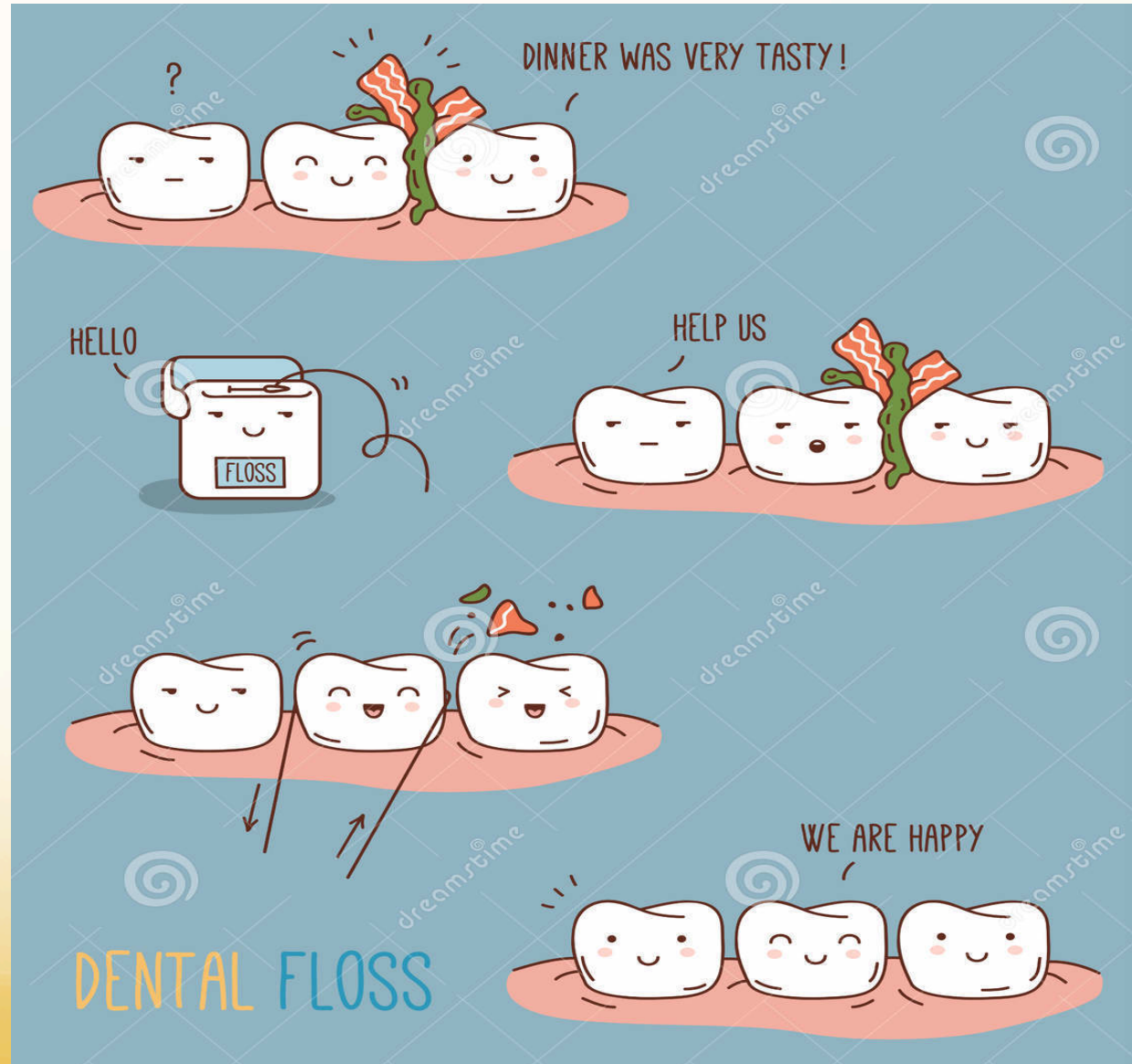
And when we

GO TO SLEEP



WHY DO WE NEED TO FLOSS?

Flossing is the best way to get rid of tiny food particles between the teeth, especially where the brush can't reach!



RINSING





We rinse to wash away any of the
“BAD GUYS” left behind after
brushing and flossing

EATING HEALTHY FOODS



GOOD FOODS VS BAD FOODS



GOING TO SEE YOUR DENTIST!



If we do what we are supposed
to do to keep our teeth
healthy...



Baby teeth will grow strong and healthy to become.....



Healthy GROWN UP teeth !



Lets answer some questions !

Which tooth brush is the best choice for tooth brushing?

A



B



C



D



ANSWER:

ALL OF THEM!

Use whichever toothbrush you like best and that works for you! The main idea here is to make sure you LIKE your toothbrush!



Remind your parents to take you to the dentist twice a year!



**You are all now EXPERTS in
taking care of your teeth !**

