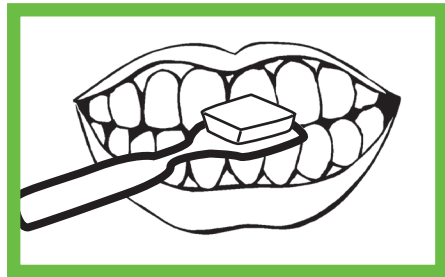


# How to Brush

Use a soft toothbrush - the kind your dentist and hygienist tell you to use.  
Always use your OWN toothbrush - not one that belongs to someone else.



1. Start with your four front teeth.  
Hold your brush on a slant at the place where your teeth and gums meet. Gently brush your teeth side to side. Not too hard. Clean the outside of your teeth - top and bottom.



2. Now your back teeth.  
Brush with short, half-teeth wide strokes to clean the outside of your back teeth - top and bottom, both sides of your mouth.



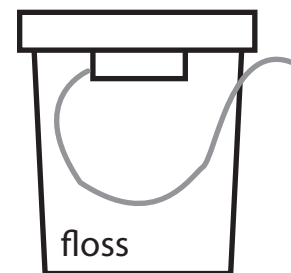
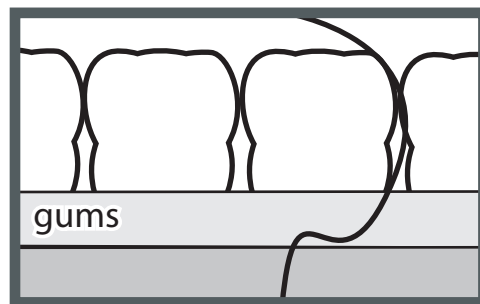
3. Now brush the inside of your back teeth.  
Use short strokes. Top and bottom, both sides.

4. Turn your brush so the handle points up.  
Brush with up and down strokes on the inside of your bottom front teeth. Turn the brush so the handle points down to clean inside your top front teeth.

5. Now clean the tops of your teeth where you chew.  
Hold the brush flat and clean the chewing places on all of your teeth - top and bottom.

# Flossing

This is how you clean between your tooth and along the gums. Your dentist and hygienist can show you how to do it the right way. Then practice at home with help from grown ups.



Relax.  
And smile.

Hudec  
Dental

# Activity Book



brought to you by:

Relax.  
And smile.  
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# Dental Definitions

You will probably come across some new words reading this book... a few of them are here!

## CAVITY



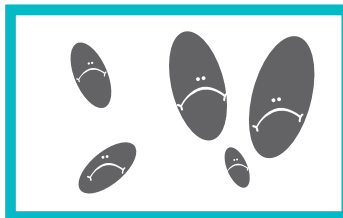
A hole in your tooth.

## WEAK SPOT



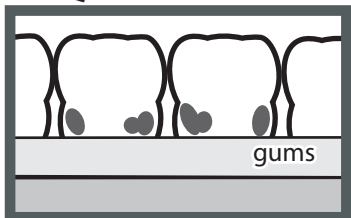
A tiny spot inside the tooth that has lost its mineral strength. It can grow into a cavity, or perhaps fluoride can help the spot to rebuild.

## BACTERIA



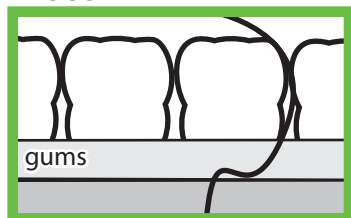
Very, very small germs that can only be seen with a special instrument called a microscope. They often group together in clumps and many live in your mouth.

## PLAQUE



A sticky film of bacteria, saliva and food particles that can cause cavities.

## FLOSS



A special string designed to clean between your teeth, especially around the gums, where your toothbrush cannot reach.

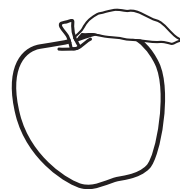
## FLUORIDE



Helps fight tooth decay by strengthening your teeth. It is often found in drinking water or your dentist may put it on your teeth. It is also found in toothpastes.

# What Are Teeth Good For?

Fill in the missing letters - get a clue from the pictures.



E

G

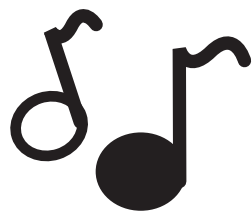
L

G

H

G

hahaha!  
ho ho!  
lol!



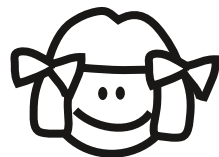
S

G

S

L

G



# Find the Words

In order to find the words, read forward, up, down and diagonally.



DENTIST

ACID

VEGETABLES

TOOTHBRUSH

JUICES

BACTERIA

PLAQUE

FISH

DAIRY

WEAK SPOT

SNACKS

GUMS

TOOTHPASTE

MILK

TONGUE

CAVITY

MEAT

FRUITS

CRUST

EAT

FLUORIDE

TEETH

CHEESE

GRAIN

DECAY

SUGAR

CANDY

BITE

LIPS

SWALLOW

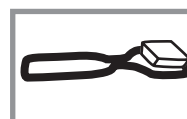
FLOSS

MOUTH

CHEW

# Word Scramble

unscramble the words - look to the pictures for clues



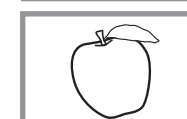
HRUBTOSOHT



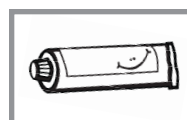
HOTOT



KWAEOSTP



EPLPA



ESTAPOSHOT



NSITEDT