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**Today we will talk about your teeth**





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# What does a dentist do?

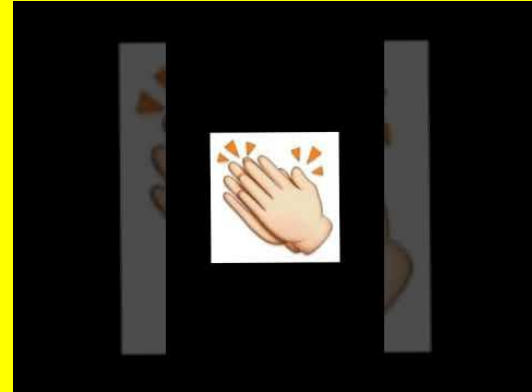
[A Trip to the Dentist for Kids](#)



-Dentist is a doctor that checks my teeth, gum and tongue

Great job!!!

<https://youtu.be/mr64TyVIHK0>





# Brushing My Teeth



1



- \* Put a small dot of toothpaste on my toothbrush.

2



- \* Put water from the tap, on my toothbrush.

3



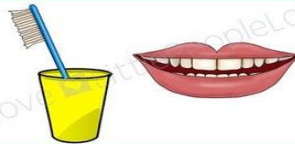
- \* Brush my teeth:
  - top teeth
  - bottom teeth
  - front teeth
  - outside of teeth
  - inside of teeth

4



- \* Spit the toothpaste in my mouth, into the sink.
- \* Rinse my mouth and toothbrush with water.

5



- \* Put away my toothbrush and smile with my clean teeth!

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How often do we brush our teeth?

Morning



Bedtime





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**Why is it important to brush your teeth?**

**To prevent cavities**

**What are cavities?**

- Tiny holes in your teeth
- Breakdown in your teeth



What foods  
are good for  
your teeth?



- Cheese
- Milk
- Yogurt
- Water
- Celery
- Carrots
- Spinach
- Lettuce
- Kale
- Apples
- Pears
- Nuts
- Meats
- Fish



# What foods are bad for your teeth?



- Sugary food
- Candy
- Soda
- Donut
- Cakes







## How to make our Teeth Happy

Brushing our teeth

3 sides

- Outside
- Inside
- Chewing sides



## HOW TO BRUSH YOUR TEETH



# Flossing Teeth



- Floss your teeth once a day to remove plaque and food that's stuck between your teeth.
- Here is a video

## [How to Floss for Kids - Cleaning between the teeth for Children](#)



# Thank You





# References

Kids health.org <https://kidshealth.org/en/kids/cavity.html?ref=search>



**Brushing My Teeth Poster**

[https://i.etsystatic.com/9741331/r/il/8941b8/645136113/il\\_1588xN.645136113\\_ctde.jpg](https://i.etsystatic.com/9741331/r/il/8941b8/645136113/il_1588xN.645136113_ctde.jpg)