Let’s take care of our teeth!
Where are my teeth?
Here are my teeth!

Where are my gums?
Here are my gums!
Why should I take care of my teeth? I need my teeth......

To eat well

To talk and sing

To look good
Why should I care for my gums?
My gums hold and support my teeth!

Thanks!

We’ve got you!
When we eat, **plaque** forms on our teeth.

When we eat sweet, sugary food, **a lot** of plaque forms on our teeth!
What is **PLAQUE**?

Plaque contains germs and food substance.

Plaque is yucky and sticks to the teeth.

Plaque is bad for teeth and gums!
Why is plaque bad?

Plaque causes cavities

cavities are painful!

Plaque causes gums to bleed!

Plaque causes bad breath too!
Let’s get rid of plaque!
Let’s brush, brush, brush!

With a toothbrush and a bit of toothpaste,
Let’s brush, brush, brush!
How do we brush?
We brush every single tooth well!

outside + biting surfaces

upper
right
front
left

lower

inside + biting surfaces

upper
right
front
left

lower
When should we brush?

Once in the morning...

Once at night just before bedtime

and
Anytime after sweet food and drinks!
Oh No! I have a cavity! What should I do?
Let’s visit the dentist!

The dentist will help repair my tooth, so it’s good again.

I also need to brush my teeth well and eat less sweets.
Oh No! My gums bleed, especially when I brush!

What should I do?
Do not be afraid to brush. The more you brush, the healthier your gums get, the less they will bleed.

Plaque is the culprit!

Brush the gumline well.

Your gums will soon get well.
Now I know everything about how to take care of my teeth!
The End.
Thank You!