

BRUSHING

- Brush 2 times a day for 2 minutes!
- Brush using a 45 angle, always pointing to your gums! On the top point up, on the bottom point down always touching your teeth and your gums!
- Brush using SMALL SOFT CIRCLES. Make sure to get the Inside, Outside, and the TIPPY TOPS of your teeth, where you chew.
- Make sure to brush your tongue!

NEXT WE FLOSS!

- We floss at the end of every day before bed!
- Floss using a “C” shape, hug each tooth with the floss! Gently slide the floss up and down but do not cut your gums!

YOU DID IT!!!!

Helpful Hints: Change your toothbrush every three months, more often if you're sick.

Drink a lot of water! Water rinses away germs, sugar, and acid.

Cavity Cycle: Plaque is soft and sticky, and it forms on our teeth after 12-14 hours. If we don't brush it off bacteria live in it. Bacteria like to eat the SAME sugar that you eat (like those skittles you had as a treat). Bacteria makes ACID. Acid is what eats your enamel (the white part of your tooth you can see) and leaves a hole. This is a cavity.

How do we slow and stop cavities from forming? We **Brush** and **Floss** and eat healthy whole foods without a lot of sugar. **THINK:** Fruits, Veggies, Protein, Cheese, Water **LIMIT:** Sodapop, Juice, Candy, Treats

