

Looking After Our Teeth

Teacher: Ask the class - Why is it important to look after our teeth?

Discuss eating, smiling, fresh breath, talking, growling, baring the teeth (think of how animals do this when they are angry), biting etc.

Teacher: How can we look after our teeth?

1. Healthy diet - Refer to the list on the board.

Did you know that chewing some foods like celery are good because it is so fibrous it can clean the teeth while you chew. Cheese is a great snack because it contains good minerals (food for teeth) and sugar-free gum helps your teeth because it helps stimulate saliva which helps prevent decay.

2. Brushing - Twice every day with fluoride toothpaste.

Brushing removes the sticky white plaque from your teeth and fluoride helps prevent decay or holes in your teeth.

3. Flossing as you get older

Your parents and dentist will help to show you how. Flossing keeps your gums healthy, which is good for your oral health.

4. Visit your dentist

Regular check ups mean that you can care for your oral health and dental health. Make sure you talk to your dentist about your oral health. Some of you will need to see an orthodontist when you get older - they put brackets on the teeth to straighten them and improve your smile.

5. If you are over 12 years old, you might benefit from using a daily antiseptic mouthrinse after your brush and floss. Talk to your dentist about using a mouthrinse.