

# LOOKING AFTER YOUR TEETH



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 THE JUBILEE CENTRE  
FOR CHARACTER & VIRTUES


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**LOOKING AFTER YOUR TEETH**


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- Watch the picture on the screen. This shows what can happen to your teeth if you do not look after them properly.
- This is called tooth decay. If you eat too many sweet things or do not brush your teeth as often as you should, this is what can happen.




- If you do not look after your teeth properly you may get plaque. Plaque is a sticky substance that can coat your teeth.
- The bacteria in the plaque feed on sugar and make acid. It is this acid that eats away at your tooth enamel to cause decay.




- This person has not looked after their teeth. Your teeth need to last you a lifetime so it is important that we care for them properly.



- How should we care for our teeth?**
- A dentist needs to check our teeth regularly to make sure they are growing properly and are well cared for. You should go to the dentist every six months.



- We should try to cut down on the sweet things we eat and eat healthier things like fruit. Sugar can cause a lot of tooth decay.









- Drinking water after and in between meals can help move the bits that get left on your teeth and in your mouth. Squash and juices are not as good because they contain sugar!





- Brushing our teeth at least twice a day helps keep them clean and healthy. You should brush for at least two minutes every time you brush!
- Brush after your breakfast in the morning and last thing at night, before you go to bed.

- Use a good toothbrush and a fluoride toothpaste to keep your teeth strong. There are a large variety to choose from. Mouthwash and dental floss are also good for getting rid of the bacteria in your mouth.





- **So remember...**
- Eat a healthy diet
- Visit the dentist regularly
- Brush your teeth twice a day




**and...**





- **...you will have a smile to be proud of!**





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