

Flossing is Fun!

Did you know?

- When your child's teeth touch, it's important to begin flossing.
- Flossing removes germs and food stuck between teeth that may cause cavities.
- You should floss your child's teeth daily.



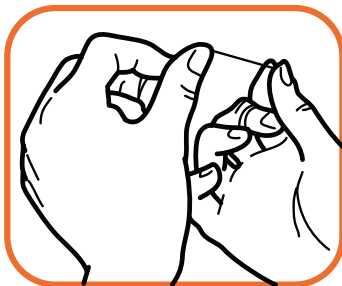
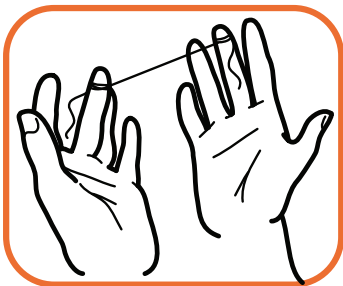
Take the Healthy Mouth Challenge!

I will:

- Find a comfortable position for my child and me and practice flossing his teeth.
- Sing a song while flossing.
- Make flossing a part of my child's daily routine.



How To Floss



Wrap the floss around your middle or index fingers to get a firm grip.

Hold between your thumbs and fingers.



Gently slide the floss between two teeth. Then wrap the floss toward one tooth, hugging it as you gently slide it up, back, forth, and down.



Repeat this process on all teeth. Remember to hug that back tooth even though it is the last one in line.

Remember...

- ✓ Always use a clean piece of floss between teeth.
- ✓ Never snap or force floss as this may cut or bruise gum tissue.
- ✓ Children cannot floss by themselves, they need your help.
- ✓ Start flossing your child's teeth as soon as teeth touch.
- ✓ It will help your child learn good habits if they see you floss.

