

Tooth Protecting Tools

Talk Together

Talk with your child about the tools we use to protect our teeth.

- A toothbrush cleans away food and germs.
- Toothpaste has fluoride to protect teeth from cavities.
- Dental floss gets out the foods and germs that get stuck between teeth.
- Swishing and swallowing helps rinse food off teeth when we can not brush.



Swish and Swallow when you don't have your toothbrush with you! Take a big drink of water and swish it all around your mouth.

Take the Healthy Mouth Challenge!

I will:

- Brush my child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste—a smear from the first tooth up to age 3, a pea-sized amount after that.
- Help my child floss his teeth once a day.
- Have my child swish and swallow when he eats and doesn't have his toothbrush.



Color in the box when you brush in the morning and night and when you floss.

Weekly Toothbrushing Chart

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY