

HEALTHY KIDS CONNECTIONS

Volume 6

KEEP YOUR SMILE FOR A LONG, LONG WHILE

Maybe your baby teeth, also called primary teeth, have already started falling out. That means you will soon get your adult teeth. You may even be getting them already.

Take care of them so they will last your whole life. These good habits will also help keep your smile bright.

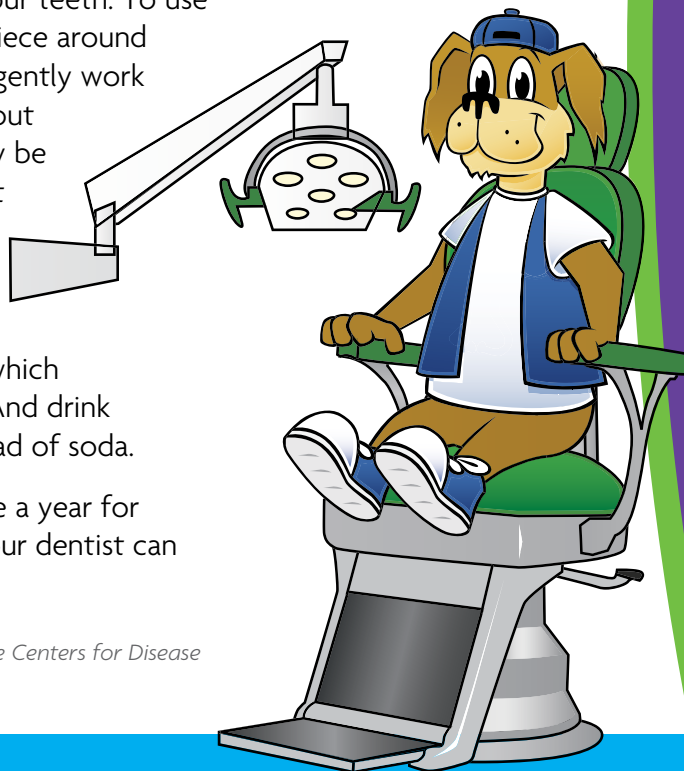
Brush at least once a day. Twice a day is even better! Brush all around in soft circles. Avoid brushing back and forth too hard. Be sure to get behind your teeth and the teeth way in the back.

Floss each day. Floss is a special type of string made to help you take care of your teeth. To use floss, start by wrapping a piece around your pointer fingers. Then gently work it between teeth to clean out any food particles that may be trapped there. Your dentist can show you how.

Eat smart. Sugary foods can harm teeth. Try foods like vegetables and fruits, which are better for your teeth. And drink water or low-fat milk instead of soda.

Visit your dentist. Go twice a year for checkups and cleanings. Your dentist can be your smile's best friend!

Source: BAM! Body and Mind by the Centers for Disease Control and Prevention (CDC)



LOOK INSIDE FOR...

- ★ teeth types
- ★ the whole tooth
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- ★ clean toothbrush, clean mouth
- ★ tobacco stinks
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TEETH TYPES

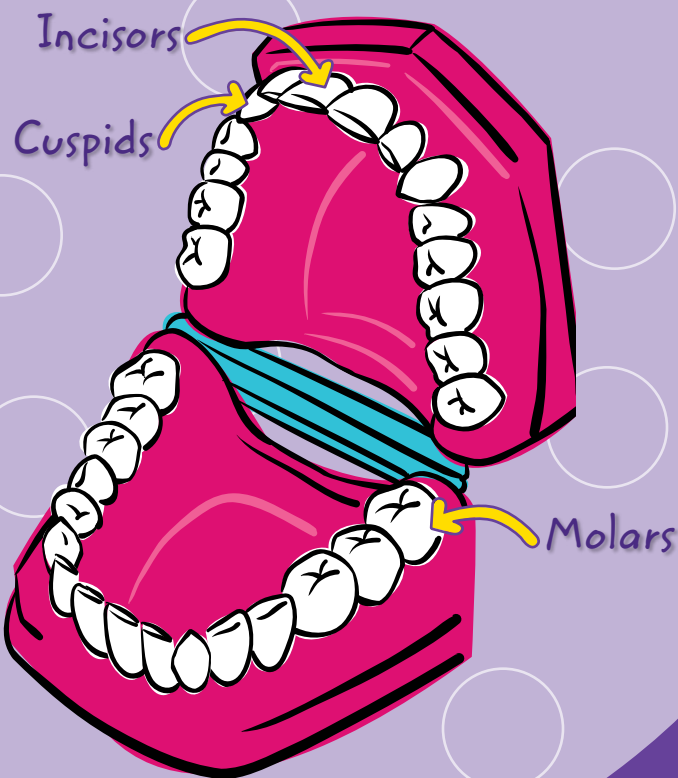
Each tooth in your mouth has a purpose. That's why you should take care of all of them!

Incisors. These are the teeth in the front of your mouth. They cut up the food you eat into smaller bits.

Cuspids. Also called "canine teeth." You have four cuspids with pointed edges to help tear food.

Molars. There are four premolars that crush the food, and 12 molars in the back to grind it.

All of these teeth make the food you eat much easier to digest once it gets into your stomach.



THE WHOLE TOOTH

HERE ARE SOME TOOTH TERMS AND WHAT THEY MEAN.

Cavity. A hole in your tooth. It's caused by plaque.

Crown. The part of a tooth you can see.

Enamel. A tough, shiny coating that helps protect your teeth. It's the hardest stuff on your body!

Gums. The soft tissue at the base (bottom) of your teeth.

Fluoride. (Say floor-ide.) A mineral that helps teeth stay strong. It's found in some drinking water and many toothpastes.

Plaque. (Rhymes with "back.") Germs that cause tooth decay.

JOKE CORNER

HERE, HAVE A BANANA.

THANKS! BANANAS REALLY A-PEEL TO ME.



TOOTH



TRUTH

Soda has acid in it. This acid can eat right through the enamel on your teeth. Sweets and other sugary drinks can do this, too!

Source: BAM! Body and Mind by the Centers for Disease Control and Prevention (CDC)

CLEAN
TOOTHBRUSH,
CLEAN
MOUTH



HELP KEEP YOUR TOOTHBRUSH
SAFE FROM GERMS.

- After you brush, rinse your toothbrush under running water.
- Keep your toothbrush in a clean, dry place.
- Replace your toothbrush when the bristles start to fan out or fray (wear out).
- If you've been sick, toss out your old toothbrush and use a new one.
- Don't share a toothbrush. This can spread germs.

TOBACCO STINKS

Tobacco gives you bad breath. In fact, it's bad for your whole mouth. It makes your teeth turn an ugly yellow color. But that's not the worst of it. As tobacco users get older, they are more likely to get gum disease. Their teeth decay (rot) more quickly, and the teeth get even more stained. Sometimes they even look black. ICK!



NO BUTTS ABOUT IT

SMOKING IS NASTY AND UNCOOL

Some kids ask if it's OK to have just one cigarette once in a while. They want to be part of the gang. So is it OK?

The answer is a flat-out NO. Cigarettes are super-dangerous. Everyone who gets hooked on them started with "just one." They taste bad and they smell bad.

Someone might try to tell you that smoking can't hurt you. That's just not true!

