

Caring for Your Teeth



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Words in **bold** are in the glossary.

Your Teeth

Have you brushed your teeth today?
Did you remember to use **floss**? Caring
for your teeth is an important way to stay
healthy. It helps you have a healthy life.

Your teeth help you in many ways.
You use your teeth to talk. They help you
chew food. Healthy teeth help you feel good.



Healthy and Safe

Make sure to take good care of your teeth. This can keep you from having tooth problems. **Plaque** can form on teeth. This can cause tooth decay. Then you might get a **cavity**.





Protect your teeth. Wear a mouth guard when you play sports. Don't use your teeth to open up things. Use scissors instead. If your teeth hurt, tell a grown-up.

Get Ready to Brush

Brushing your teeth keeps them clean. Brush after you eat breakfast. Also brush before you go to bed. Too tired at bedtime? Then try to brush a little earlier.

Pick a fun toothbrush with soft bristles. Be sure to use a toothpaste with **fluoride**. How much toothpaste do you need? Not much. The size of a pea or bean is enough.

