

Brushing Basics Activity Book



for Healthy Teeth and Gums

5 Steps for Healthy Teeth

1

Brush your
teeth twice
every day.

2

Floss your
teeth once
every day.

3

Avoid sugary
drinks and
foods.

4

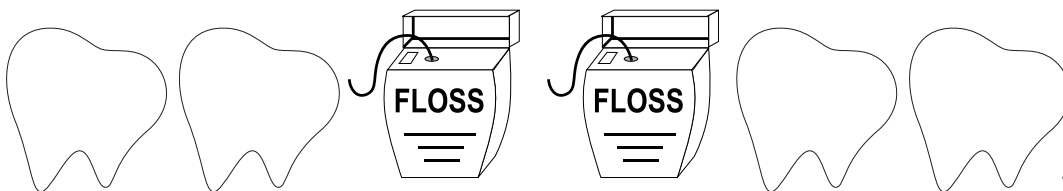
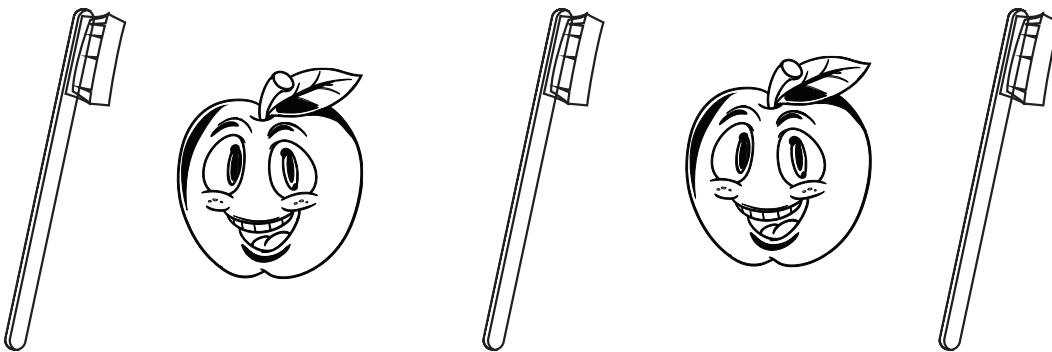
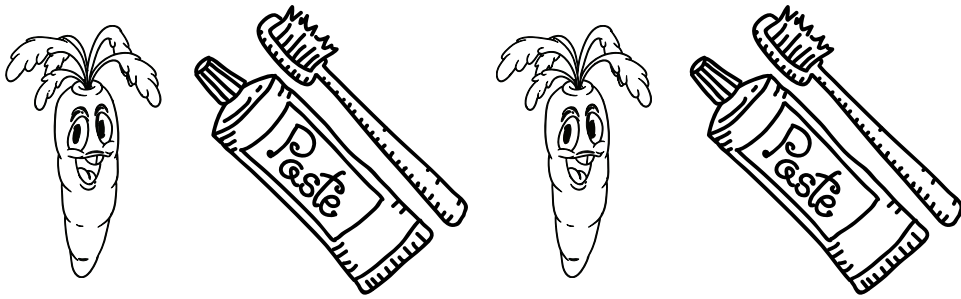
Eat fruits and
vegetables
daily.



5

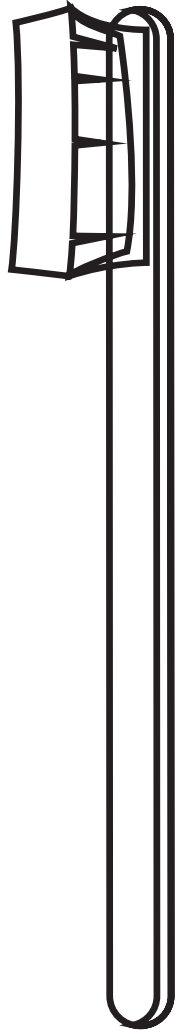
Visit your
dentist twice
a year.

What comes next? Draw the next picture in each pattern.



BRUSHING BASICS

It is important to brush a child's teeth twice a day to ensure the removal of plaque to prevent tooth decay. Children need supervision while brushing and flossing. Many children need help from adults with brushing until age eight and flossing until age 10.



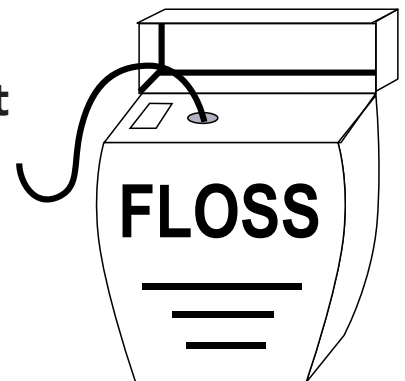
Q. What do I need to use for brushing my teeth?
You need a soft bristled toothbrush and fluoride toothpaste.

Q. How much toothpaste will I need?
Infants to age three need only a smear of toothpaste, about the size of a piece of rice.

Children three years and older need a dollop of toothpaste, about the size of a pea.

Q. How long do I need to brush my teeth?
Brush for two minutes.

Q. Why do I need to floss my teeth?
Flossing can remove food and plaque that your toothbrush cannot reach.



Q. How do I floss?
Use about 18 inches of floss Wrap it around your middle finger of each hand. Leave about two inches between your hands to use the floss. Gently slide floss between your teeth, following the curves of the teeth.

Parents can floss the child's teeth until about age 10, then usually the child can floss on their own.



Let's Sing the Tooth Brushing Song!

BRUSH, BRUSH, BRUSH YOUR TEETH

(Sing this tooth brushing song to the tune of "Row, Row, Row Your Boat")

Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
Fighting tooth decay.

Floss, floss, floss your teeth
Gently around your gums.
Merrily, merrily, merrily, merrily,
Flossing can be fun.

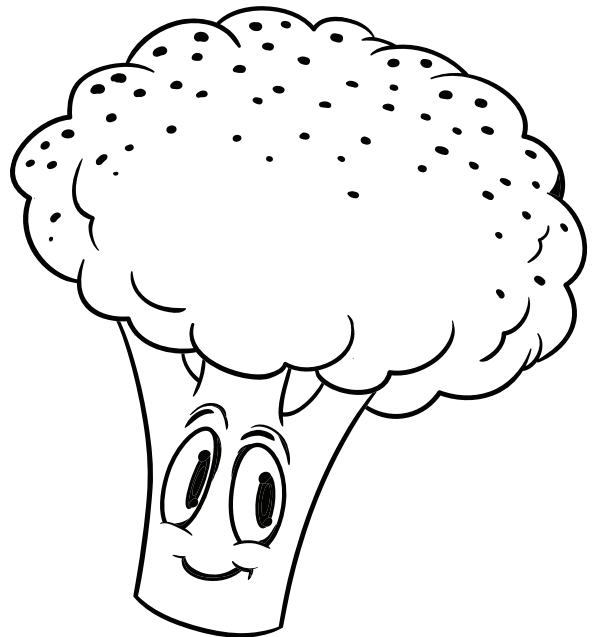
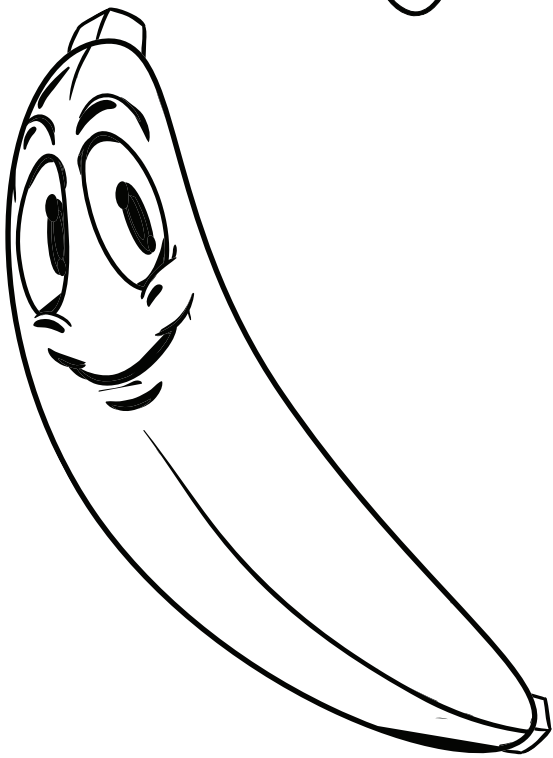
Rinse, rinse, rinse your teeth.
Keep them clean and bright.
They'll be healthy, they'll be strong
If you treat them right.

Complete the dot to dot picture. Color the picture.





Eating fruits and vegetables can help keep your teeth healthy.





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