

Oral Health Cheat Sheet

Know how to keep your teeth healthy & clean.

- **What do we use teeth for?** We need our teeth to help us eat, talk, and smile!
- Keep your teeth clean by practicing good oral hygiene.



Signs of poor oral health:

- **Cavities** Tooth decay that appear as black holes.
- **Gingivitis** Inflammation of the gums caused by bacteria accumulating along the gumline.
- **Dental Plaque** A mass of bacteria that grows on the surface of the tooth.



Brush

How Often?

2 times
a day

Why?

Brushing your teeth removes bacteria and food residue that can cause cavities.

Floss

1 time
a day

Flossing removes food and germs that are stuck between your teeth.

Mouthwash

2 times
a day

Mouthwash kills bacteria and can prevent cavities while fighting bad breath.

**Biannual
Dental Visits**

Every 6
months

Dental visits provide necessary preventative care and restorative treatments.

**Brushing
Tips**

Brush in a circular motion.

Brush all surfaces of your teeth.

Always brush for 2 minutes.





My Visit To The Dentist

Today I went to the Dentist. I woke up feeling _____, so I knew it was going to be a good day. The sky was _____ and the weather was _____, so I hopped out of bed to shower and brush my teeth. I then put on my favorite _____ and my _____. When I was ready, I _____ to the kitchen where my _____ was making me _____ for breakfast. When we were all done eating, my _____ packed up all our things and we took the _____ to the Dentist.

Emotion
Color
Weather
Article of Clothing
Adjective
Type of Footwear
Verb
Family Member
Type of Food
Family Member
Type of Vehicle

When we got to the Dentist, I got to sit in a _____ waiting room. After some time, my name was called to see the Dentist. I _____ to the exam room and got to sit in a _____ chair. I was feeling _____ while the dentist was looking at my teeth. Afterwards, I got a goody bag with a new toothbrush in it! My visit was so _____.

Adjective
Verb
Emotion
Adjective
Adjective

When we left the Dentist's Office, my _____ and I treated ourselves to a _____ snack. I was so proud of myself for being brave and going to the Dentist. When we got home, I sat down on the _____ and thought, "What a/an _____ day!".

Family Member
Type of Food
Type of Furniture
Adjective