

Oral Health Cheat Sheet



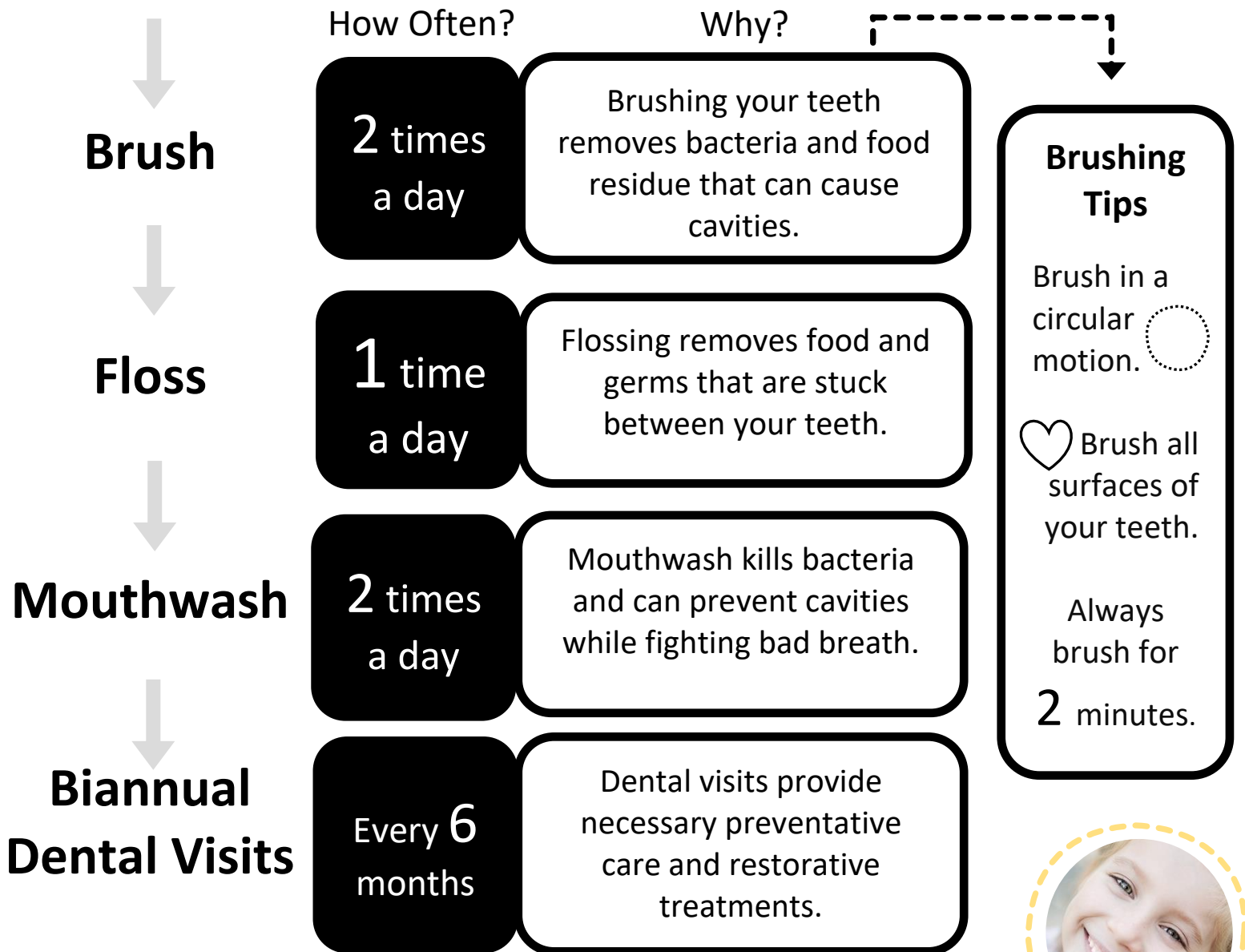
Signs of poor oral health:

- **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.



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.










** Make sure to replace your toothbrush every 3 to 4 months. An old toothbrush can spread germs and cause more harm!





Children's
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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.

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 _____.

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!".