# brushing is important

Brushing your teeth every day will help you have a healthy smile.

Let's learn why together...

Why do I need to brush?

J ust like your hands, your teeth get dirty during the day. To prevent cavities and toothaches, you need to keep your teeth clean by brushing. Brushing your teeth after you eat and before bed is the best way to keep your teeth clean.

When you brush your teeth, you clean away the germs that can turn into tooth decay. Tooth decay (also called cavities) can cause your teeth to fall out too soon, turn dark and look bad or make your mouth hurt. Tooth decay can take away your nice smile!

if your teeth are not healthy, you can't be healthy.

Keeping your teeth clean and healthy is easy to do.
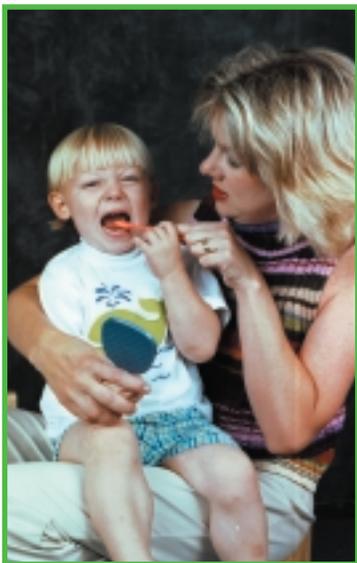
Here's how:

* Use a brush with soft bristles.
* Use fluoride toothpaste.
* Pre-schoolers can use a _peasized drop_ of toothpaste.
* Very young children should use _even less_ – just a tiny amount.
* If you are not sure about this, ask your child's doctor or a dentist.
* Use your hand to move the brush in small circles over your teeth and gums.

* Start with the teeth in the top of your mouth and end with the teeth on the bottom.
* Use a timer to help you brush for at least 2 to 3 minutes.
* Be sure to spit out all of the toothpaste.
* Keep your toothbrush in a clean place.
* NEVER share toothbrushes!

Everyone needs clean teeth!

Toothbrushing is not just for little kids! Everyone needs clean teeth. Because germs cause tooth decay, everyone in your family should brush their teeth every day to keep tooth decay germs from spreading. If there is a baby at your house, a grown-up can use a little toothbrush or a clean towel to gently clean baby's gums and teeth.

Brushing together can be fun!

Until you are old enough, a grown-up will need to help you brush the right way. Ask them to brush with you when they brush their teeth. One day you will be big enough to brush all by yourself!
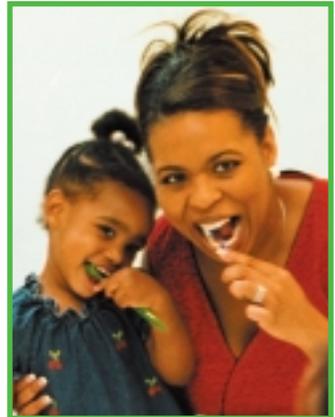
...brush the right way.
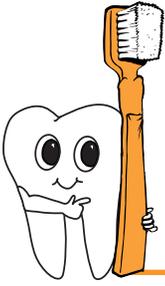
smiley al says:

Clean teeth are healthy teeth:

Remember:

* To have a healthy body, you have to have healthy teeth.
* Keeping your teeth clean and healthy is easy to do.
* It is best to brush your teeth after you eat and before bed.
* To have clean teeth, brush the right way every time.
* Brushing your teeth will prevent tooth decay germs from spreading.
* Everyone needs clean teeth!