Germs and My Teeth

Did You Know?

Hi! I'm a cavity germ.
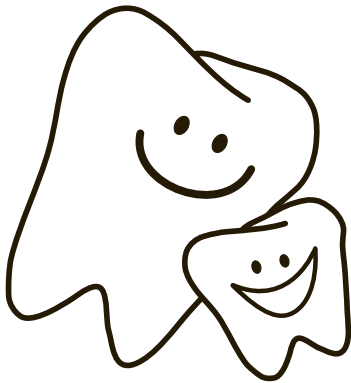
- Germs cause cavities. We have germs in our mouths that use the food we eat to make acid. This acid weakens teeth and causes cavities.

- To prevent cavities, clean away food and germs. Brush every day—after breakfast and before bed.

Do Together

Make toothbrushing a regular and fun part of your child's bedtime routine. When you brush your child's teeth tonight, tell him or her you're going to get all of the "**cavity germs**".

Say fun things like, "**Oh, I got one!**" or "**Oh, there's another one, I'm going to get it!**"

Take the Healthy Mouth Challenge!

I will:

☐ Brush my child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste—a smear from the first tooth up to age three, the size of a pea after that.

☐ Make toothbrushing fun by telling my child "I'm going to get all of the cavity germs! Oh, I got one!"